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Thursday, October 9, 2014

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FRIDAY \ OCT 17

- 9:30 am **Stores Grand Opening**
- 10 am **Official Ribbon Cutting**
- 10 am **Family Fun Zone Opens**
Skating Rink, Rock Climbing
Wall and more!
- 6 pm **Fireworks
& Musical
Spectacular**



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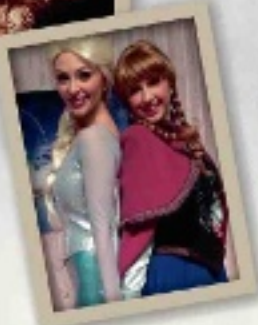
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- 9:30 am **Stores Open**
- 10 am **Family Fun
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- Noon **Meet TESSA
& SCOTT**
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Skating &
Olympic Gold
Medalists



- 1 pm **Meet
THE ICE QUEEN
& ICE PRINCESS**
- 7 pm **Fire Weavers**
Dance & Fire
Artistry

STORE DIRECTORY OTTAWA, ONTARIO

This is a complete list of stores at the centre. Our 20% participating stores are listed on the back side of the coupons only.

ACCESSORIES

Ardene
Clare's
Coach
Cole Haan Outlet
Fossil
GUESS Factory Store
Hot Topic
J.Crew Factory
Lids
Michael Kors
Nine West Outlet
Oakley Vault
Old Navy
Peoples Jewellers
Samonite Factory Outlet
Sunglass Hut
Watch Station

APPAREL

Aeropostale
Adidas
American Eagle Outfitters
Banana Republic Factory Store
Bench
Boathouse
Brooks Brothers Factory Store
Coach
Calvin Klein
Daniel Leather Factory Store
Eddie Bauer Outlet
GAP Factory Store
GUESS Factory Store
Hot Topic
Hugoboss
J.Crew Factory
Levi's Outlet
Lucky Brand Jeans
Michael Kors
Motherhood Maternity Outlet
Mountain Warehouse
Nike Factory Store
Oakley Vault
Old Navy
Polo Ralph Lauren Factory Store
Puma
Reebok
Shepherd's
Sox City
Tommy Hilfiger
Under Armour
Zumiez

CHILDREN'S APPAREL

Carter's | OshKosh B'gosh
GAP Factory Store

Hot Topic
Mountain Warehouse
Old Navy
Polo Ralph Lauren Factory Store
Tommy Hilfiger
Under Armour

FOOD

Neslé Toll House Café
Subway
Teriyaki Experience

FOOTWEAR

Aeropostale
Adidas
Aldo
Brooks Brothers Factory Store
Cole Haan Outlet
Famous Footwear
GUESS Factory Store
Hot Topic
Mountain Warehouse
Naturalizer
Nike Factory Store
Nine West Outlet
Old Navy
Puma
Reebok
Skechers
Soft Moc
Town Shoes
Under Armour

HOUSEWARES

Think Kitchen

SPECIALTY

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Canada's Man Cave
Crestline & Evelyn
Entertainment Deals
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Godiva
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Ottawa Team Shop
Peoples Jewellers
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American Eagle Outfitters	Mountain Warehouse
Banana Republic Factory Store	Naturalizer
Bench	Nine West
Calvin Klein	Puma Outlet
Carter's OshKosh B'gosh	Reebok
Clare's	Skechers
Eddie Bauer Outlet	Sox City
EyeZi	The Body Shop
GUESS Factory Store	Think Kitchen
Hugoboss	Tommy Hilfiger
	Trade Secrets
	Under Armour

8555 Campeau Drive | (613) 435-0850 3221714

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OTTAWA, ON

Coupon Valid At These Participating Retailers

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American Eagle Outfitters	Mountain Warehouse
Banana Republic Factory Store	Naturalizer
Bench	Nine West
Calvin Klein	Puma Outlet
Carter's OshKosh B'gosh	Reebok
Clare's	Skechers
Eddie Bauer Outlet	Sox City
EyeZi	The Body Shop
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Hugoboss	Tommy Hilfiger
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Hugoboss	Tommy Hilfiger
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OTTAWA

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NEWS
WORTH
SHARING.

Searching for Justin Rutter

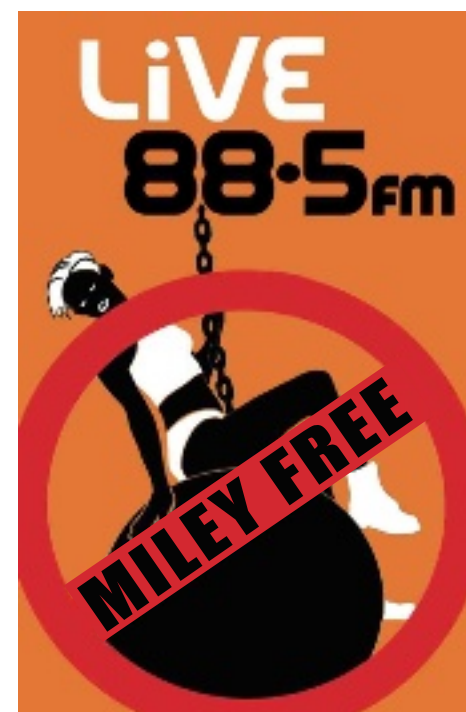
Ottawa police offer new reward for information in 2009 case of then-14-year-old **PAGE 3**

Will pot pie put pumpkin in its place?

For a next-level Thanksgiving table, bring on the beef **PAGE 34**

YOU'D NEED A DRINK, TOO

BETTY HALBREICH'S BOOK, I'LL DRINK TO THAT, CHRONICLES 40 YEARS OF DRESSING THE LUNCHING LADIES OF BERGDORF GOODMAN **PAGE 27**



AIDS group's washroom used as injection site, volunteers complain

Blind eye?

Can't make assumptions about why clients want to use bathroom, director says



LUCY SCHOLEY
lucy.scholey@metronews.ca

Volunteers at the AIDS Committee of Ottawa allege the group's leaders are "turning a blind eye" to the fact clients are shooting up in the bathroom and leaving behind used needles. But the organization said those are assumptions based on "drug phobia" and stigma.

Robert Pottie, a former volunteer at the AIDS Committee of Ottawa (ACO), said he was "baffled" when he repeatedly saw drug users going into the bathroom after he handed them safe drug supplies through the harm reduction program.

"When you have a needle and a cooker and a tie, I know you're not going in the washroom to read a book," said the 54-year-old.

Pottie volunteered with the ACO for about a year, but quit six months ago because he said he frequently found used needles in the bathroom and even heroin, which he said he flushed down the toilet.

For him it's a safety risk, but he said it also poses a trigger for former drug users who are struggling



Robert Pottie, a former volunteer with the AIDS Committee of Ottawa, holds up the safe injection supplies he used to hand out. He said he quit because drug addicts would use in the organization's bathroom. For more on the ACO and its impending move to a new location on Main Street, see story on page 6. LUCY SCHOLEY/METRO

with a recent AIDS diagnosis. Pottie said he is HIV positive and has struggled with cocaine addiction.

Two other volunteers, who did not want their names used because they are still with the ACO, said they made similar complaints about the issue but

the board and executive director turned "a blind eye."

One volunteer said he found a used needle on a couch in the ACO's living room and had overheard conversations about drug deals. The ACO often hosts socials and functions for its members, who sometimes

bring their kids, according to these volunteers.

They said they do not disagree with the harm reduction program per se, but said that they want the ACO to prevent drug users from using the same washroom as those who are diagnosed with HIV/AIDS and wish to

stay anonymous and clean.

Khaled Salam, the executive director of the ACO, said he's aware of these complaints, but said the ACO simply can't deny clients access to the washroom.

"We have very clear policies on the usage of drugs

on our premises," he said. "Our policy does not allow people to buy, sell or use drugs within the confines of our space."

If they caught people using drugs in the one-stalled bathroom, he said they would deal with them on a case-by-case basis. There's a needle disposal box both in the bathroom and outside, he said.

He said that if somebody were coming into the agency to pick up pamphlets or food, then nobody would second-guess them if they wanted to use the washroom.

"Unfortunately, what we have seen, is that some of the accusations that are made really come from a place of drug phobia, stigma and marginalization of people," he said, adding that people accessing harm reduction services use a separate entrance and bathroom than those using the ACO programs.

The ACO provides counselling and support programs to its HIV/AIDS clients. The harm reduction program, also under the ACO umbrella, provides a needle-exchange and safe inhalation supplies.

The ACO gets \$1.1 million in funding annually from organizations including the Ontario Ministry of Health and Long-Term Care.

An additional \$60,000, from the MAC cosmetics AIDS fund, goes towards harm reduction.

'TIS THE SEASON FOR FLU SHOTS*



Flu shots are available at our pharmacy.



*Certain restrictions apply. Immunizations are available when an injection certified pharmacist is on duty, and subject to vaccine availability. Vaccine availability is determined by the Local Public Health Unit in your area. Pharmacists may only administer the publicly funded influenza vaccine to residents of Ontario five years of age and older who hold a valid Ontario Health Card (OHIP card).

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FIVE THINGS YOU NEED TO KNOW TODAY

1

STUDIO 66

Ottawa's up-and-coming artists will be on display tonight at Studio 66 with their show *Surfacing II*. Eight University of Ottawa students are participating in the group show at the gallery, starting at 6 p.m.

2

BAT OUT OF HELL

If you weren't able to see Meatloaf perform *Bat out of Hell* back in 1977, don't fret: The Shenkman Arts Centre is recreating the entire album live tonight. The show starts at 8 p.m. with tickets at \$48.

3

ISIS CONFLICT

Amid fears the Syrian border town of Kobani could fall any day, U.S. and NATO officials are travelling to Turkey to press for more robust Turkish involvement in the coalition.

4

DOWNTON DECOR

Since *Downton Abbey* hit our screens we've been getting serious interiors envy. U.S. home store River of Goods plans to launch the first official *Downton Abbey* lighting collection next January.

5

007'S SALAD DAYS

The early career of super-spy James Bond will be explored in a series of comic books set for 2015. The announcement comes after Dynamite Entertainment reached an agreement with Ian Fleming's estate.

Help find Justin Rutter

Missing at 14. Police offer \$5,000 reward for info on teen who vanished five years ago

TREVOR GREENWAY
trevor.greenway@metronews.ca

Police in Ottawa have exhausted all leads in their search for missing teen Justin Rutter and they now believe he may be a victim of foul play.

He disappeared five years ago when he was 14. Police have now offered a \$5,000 reward for any information surrounding his disappearance — the first-ever reward offered for a missing person in Ottawa.

"The reality is we don't know where he is or what has happened to him," said Supt. Don Sweet at a media briefing into the ongoing investigation — the seventh such appeal since the teenager went missing Oct. 8, 2009. "We firmly believe that someone knows where Justin is or what happened to him."

Sweet said a recent tip

suggests Rutter may have been spotted in the Vancouver area, but police have yet to confirm the sighting. Investigators fear the teen may be dead.

"In this age of social media, everything else points to if he was alive and well right now, I think somebody would be giving this up," said Sweet.

Ottawa police released a photo of Justin Rutter at 14 years of age and an artist's sketch of what he might look like now in 2014, five years after he went missing.

Rutter's family, who have led a five-year campaign to find the missing boy, feel that police haven't done enough to find him and said they were put through "hell" during a recent lie detector test.

"When Justin disappeared, we tried to tell police that he was not a runaway and we had worked hard to get the public involved," said Justin's grandmother Diane Veilleux. "The police insisted he was a runaway and went ahead and published it in the media. All public interest and support seemed to vanish overnight."



Supt. Don Sweet speaks to media about the search for Justin Rutter, who went missing five years ago. Ottawa police released a photo of Justin Rutter at 14 years of age and an artist's sketch of what he might look like now in 2014, five years after he went missing. TREVOR GREENWAY/METRO

1 NEWS



It's our 60th Anniversary and we're celebrating with

60 DAYS OF GIVEAWAYS!

STARTING TUESDAY, SEPTEMBER 16TH
UNTIL SUNDAY, NOVEMBER 16TH

Fill out a ballot in mall for your chance to win one of our fabulous 60 Days of Giveaways prizes.

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WHAT SHOPPING SHOULD BE

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Youth help establish \$2M fund for suicide-research position

'Translational.' Chief psychiatrist at hospital says goal is to convert research into practice



JOE LOFARO
joe.lofaro@metronews.ca

The Royal hospital announced the launch of a new research chair in suicide prevention on Wednesday after receiving a \$2-million donation from the Do It For Daron (DIFD) youth fundraising initiative and the Mach-Gaensslen Foundation.

Each charity is committing \$1 million to support the chair's research into best practices to reduce the number of attempted and completed suicides in Canada.

Rajiv Bhatla, psychiatrist-in-chief at The Royal, said there are already researchers who specialize in suicide, but this chair position is unique because of its "translational" approach.

"Our goal is to translate (research) into how we do things

on the ground," said Bhatla.

DIFD was created by Luke and Stephanie Richardson to raise funds for mental-health initiatives after their daughter, Daron, took her own life in 2010 at age 14.

Stephanie Richardson said she hopes the research chair will offer families hope to avoid tragedy and remove the stigma surrounding mental illness through education.

"I would love to see the stigma crumble and the awareness increase," she said following the announcement.

"I'd also like to see the education partners step up. I think it needs to be commonplace to be able to have those conversations."

The Mach-Gaensslen Foundation focuses on research in cardiology, oncology and psychiatry in honour of Václav F. Mach and his wife, Dr. Hanni Gaensslen.

"Mental health research is severely underfunded," said Chris Carruthers, chair of the Mach-Gaensslen Foundation, at the announcement.

"That is something that must be changed."



Luke and Stephanie Richardson announced the DIFD initiative will donate \$1 million to help create a research chair in suicide prevention at The Royal. JOE LOFARO/METRO



Maria McCrae wants the next council to prioritize worker mental health. METRO FILE

Council united on mental health focus

Coun. Maria McCrae won unanimous support from her city hall colleagues Wednesday as she motioned to have the next term of council make mental health in the workplace a priority.

McCrae, who is stepping down as councillor of River Ward, is asking that the city consult with unions to come

up with a policy based on recommendations included in the National Standard for Psychological Health and Safety in the Workplace by the Mental Health Commission of Canada.

The standard is the same one currently being assessed by the Ottawa Police Service as the force develops its own

workplace mental health policy, as reported in Metro on Tuesday.

If an employee gets medical treatment for a broken arm or leg, it's usually easy to discuss at work, McCrae said.

"But if someone comes back or needs to be supported because they're fragile or they're suffering from de-

pression ... people tend not to talk about that," said McCrae. "I think it's high time we change that."

She said she has been researching mental health for more than a year now, but a recent suicide of a staff member at the city was the impetus to put the motion forward, she said. JOE LOFARO/METRO



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Ottawa AIDS group finds new home after being jilted by property owner

AIDS Committee of Ottawa. Organization planning to open its new doors in December



LUCY SCHOLEY
lucy.scholey@metronews.ca

The AIDS Committee of Ottawa (ACO) has found a new home even as it continues to battle a different landlord that abruptly ended a lease the day the ACO was supposed to move in.

The ACO signed a five-year lease on its new digs at 19 Main St. in August.

"We're extremely excited, as this has been a long road," said Khaled Salam, executive director of the 30-year-old not-for-profit organization.

The organization initially planned on moving down the road from its location to 240 Bank St. But the owner sudden-



The AIDS Committee of Ottawa is set to open its new space at 19 Main St. in December. SEAN MCKIBBON/METRO

ly ended the lease on the day the ACO was supposed to move in. The government-funded group is suing the owner and

real estate agency, alleging discrimination.

According to the minutes from an ACO board of directors

meeting on July 2, the group was asking \$20,000 from the landlords at 240 Bank St.

The proceedings are still on-

going, but the goal is to settle out of court, said Salam.

This new two-storey building is about a 20-minute walk

from their current spot at 240 Bank St. and will be equipped with a brand-new kitchen for cooking programs, plus space on the ground floor for harm reduction services.

"When you have your own lot and your own yard, there's so much programming potential," said Salam, adding that a community garden, barbecues and walking groups are part of the plans for the new space.

The ACO decided to move after conducting a safety audit of its current location at 251 Bank St. Lighting issues and frequent elevator problems had them pondering whether to renovate or move altogether.

Salam said they wanted a location closer to the downtown core, but after the issue with the owners of 240 Bank St., they realized it was not financially feasible.

The ACO supports people with HIV/AIDS and provides safe drug injection and inhalation supplies.

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Learn more about the Ottawa food scene with Foodie Prints bloggers & authors of 'Ottawa Food – A Hungry Capital' (1pm to 3pm)

Sunday Oct. 12:
Watch a live pumpkin demo with artist Mowafak Nema (1pm to 3pm)

Meet the farmers at their stands and taste their products on a 30-min. walking tour with *C'est Bon Cooking* (departures @ 1:30pm and 3pm)

byward-market.com

Cancelling Orgaworld contract doesn't make sense, mayor says

The city has to "make the best" of the Orgaworld fiasco and keep sending the company our kitchen waste because cancelling the 20-year contract will be too costly, said Ottawa mayor Jim Watson Wednesday.

The mayor's remarks come after a slate of 15 property owners promised this week to scrap the \$140-million contract if they are elected on Oct. 27.

Breaking the contract today would cost the city \$71 million, according to Orgaworld.

The figure is a far cry from the city's auditor general Ken Hughes' estimate of up to \$10 million reported in July, when he told a press conference the city spent \$7.7 million in unnecessary costs to Orgaworld by not meeting the target of 80,000 tons of garbage.

The city is meeting that target now and cancelling the Orgaworld contract means finding a willing host to process several thousand tons of garbage, Watson said.

"I haven't met anyone who wants a landfill, and it would have to go somewhere in Ottawa," said Watson. "So we've seen the fight at Carlsbad Springs, we've seen the fight at Carp. So the same people I read are opposing the green bin also



Orgaworld's facility in Ottawa on Hawthorne Road. GOOGLE STREETVIEW

Quoted

"We're getting full value for the money we're spending — at least this past year."

Ottawa Mayor Jim Watson talks about the city's contract with Orgaworld.

don't want a landfill. You can't have it both ways."

Mark Scharfe, a candidate in Osgoode ward who is leading the Ottawa Property Owners Coalition, claims the city would save \$14 million in trucking costs alone if the green bin program is scrapped.

But doing that doesn't make financial sense, Watson said.

Cancelling light rail cost taxpayers \$36 million in 2009 and Watson says he doesn't want to

bring taxpayers back down that path, especially right before an election.

"We're getting full value for the money we're spending — at least this past year," said the mayor. "And I suspect as we go along there will be more and more diversion away from the landfill and into composting, which is good for the environment, which is good for the taxpayers."

JOE LOFARO/METRO

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**Offer only valid with coupon on regular priced men's and women's winter accessories from Thursday, October 9, 2014, to Thursday, October 23, 2014. Discount applied before applicable taxes.
Offers cannot be combined with any other coupons or promotional offers or redeemed for cash. Offers only available in Joe Fresh Freestanding stores.

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ST. LAURENT CENTRE 1200 ST. LAURENT BOULEVARD





Chef Michael Farber is closing Farbs Kitchen & Wine Bar on Beechwood Avenue. It will reopen as a gastropub under restaurateur Andre Cloutier. CONTRIBUTED

After six years, Farbs owner getting out of the kitchen

Fond food farewell.

Spot will reopen as the Local Beechwood Gastropub under new owner Andre Cloutier



LUCY SCHOLEY
lucy.scholey@metronews.ca

Michael Farber walked past 18 Beechwood Ave. enough times that he decided to open a restaurant inside.

But after about six years as owner and chef of Farbs Kitchen & Wine Bar, Farber said he's stepping away from the restaurant business, at least for now.

The 36-year-old announced on Instagram he had handed over his lease and sold the equipment to fellow restaura-

teur Andre Cloutier.

"It's gonna be a tough winter, I heard ... I'm kind of excited to just watch that from my living room, through the window, instead of shovelling the patio every morning," joked Farber.

He said he would take two full weeks off and was still unsure of his next gig, but that he would miss running his own restaurant.

"Ottawa, for the small town that I've always known growing up, is quite particular with the standards of cuisine here," he said. "It was challenging and rewarding living up to those standards. I was quite proud to be part of the restaurant community in Ottawa."

Accolades spilled out on Instagram from Farbs fans, including those lamenting the loss of the restaurant's

signature beef tartare appetizer.

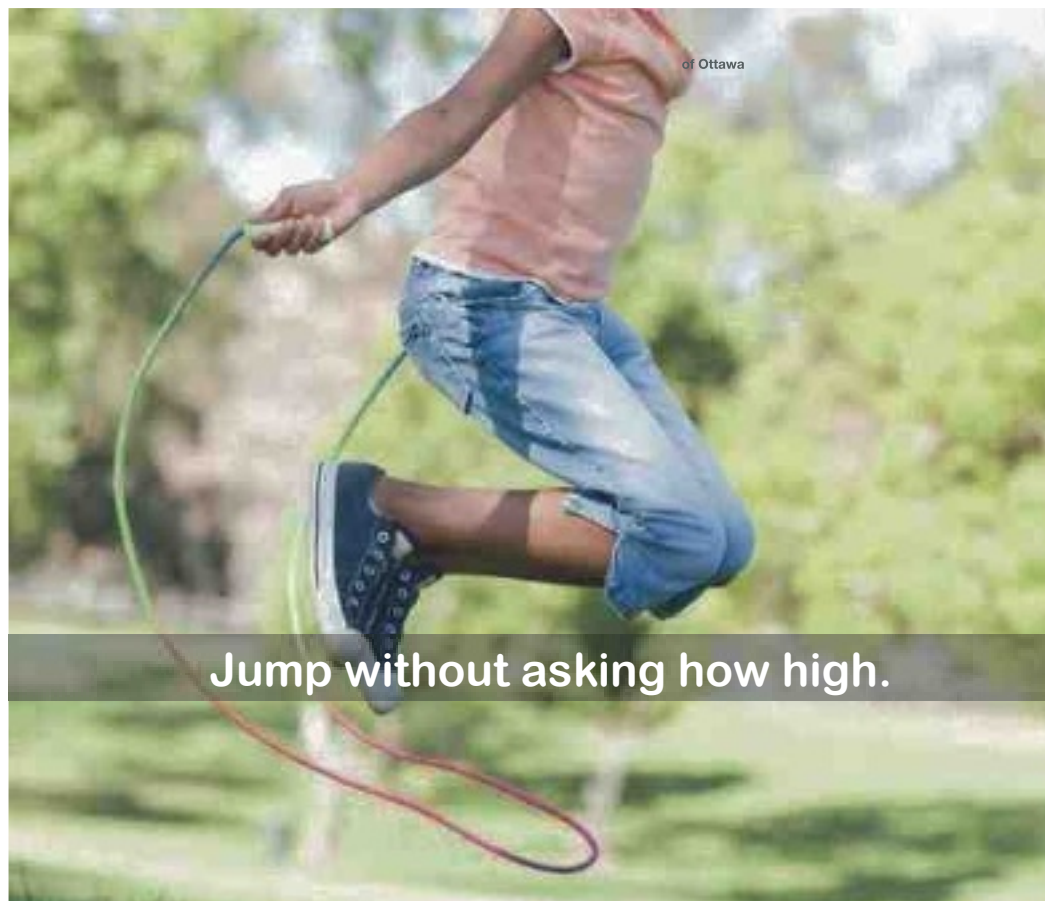
New Edinburgh-area residents can head back to 18 Beechwood Ave. for a meal as early as November, but as the renamed Local Beechwood Gastropub.

Cloutier owned the fast-casual Italian restaurant Arturo's for seven years. Two years ago, he took over the nearly 30-year-old El Meson, which serves fine dining fare.

"It took me owning the two restaurants to figure out that I wanted something in the middle," said the 29-year-old. "It's just what I kind of passionately felt should be done in the neighbourhood."

Although he's calling it casual, don't expect just burgers and fries. Steak will be on the menu.

Farbs will serve its last dishes on Saturday.



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From left: Minister of Public Safety and Emergency Preparedness Steven Blaney, CSIS director Michel Coulombe and RCMP Commissioner Bob Paulson appear at the Commons National Security committee on Parliament Hill on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Alleged extremists being investigated upon return home

Security. RCMP monitoring suspected extremists in Canada, developing community program for those at risk of extremism

Public Safety Minister Steven Blaney says the RCMP is investigating dozens of Canadians who have returned from fighting extremist wars overseas.

Blaney also told the Commons public safety committee Wednesday that the government will bring forward new measures to help monitor suspected terrorists, but he offered no details.

A recent federal report said the federal government knew of more than 130 individuals

with Canadian connections who were abroad and suspected of supporting terror-related activities.

It said the government was aware of about 80 such people who had returned to Canada.

As extremists wage guerrilla-style battles in cities across war-stricken Syria and parts of Iraq, western nations are warning that combatants could arrive home harbouring violent intentions.

The RCMP has about 63 active national security investigations related to 90 individuals who intend to go abroad or who have returned to Canada, said Bob Paulson, commissioner of the national police force.

"And so the pace and tempo of operations is quite brisk," Paulson told the committee.

He quickly added: "It's nothing that I think that Canadians need to be alarmed about."

Paulson said the RCMP was "managing, through our collective efforts," a response that would be appropriate to the nature of the suspected offences.

The RCMP is also developing an "intervention program" that would engage police and local communities to deal with people at risk of turning to extremism.

A man from Timmins, Ont., who died in combat in Syria last year had taken part in a slickly produced video, widely circulated on the Internet following his death, with the aim of inspiring like-minded young people to wage jihad.

THE CANADIAN PRESS



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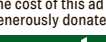
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More preparation needed before release: Prison watchdog

Hard time. Sapers says he's still waiting for government to respond to parts of his last report

Canada's tough-on-crime Conservative government has received another stinging indictment from its corrections watchdog, who says too many inmates are being freed from prison without adequate preparation or supervision.

In his 2013-14 annual report, Howard Sapers said inmates are "increasingly likely" to leave prison by way of statutory release at the two-thirds point of their sentences instead of by conditional release, known as parole.

That means many offenders are released under limited supervision — if any.

"This is not how Canada's corrections and conditional release system was designed and certainly does not reflect best practice," Sapers told a news conference after his report was tabled in Parliament.

The corrections investigator also says more offenders are staying longer in higher security prisons where access to reintegration programs is the most restricted.

To make matters worse, Canada's federal penitentiaries are becoming ever more chaotic, the report suggests — prison interventions involving force, inmate assaults, segregation placements, involuntary transfers and self-injury incidents are also "trending upward," Sapers says.

"Returning offenders to the community who are em-

bittered by their incarceration experience, instead of (being) provided opportunities for positive change, is not in anyone's interest," he said.

"Graduated and structured release is less costly and more successful than releasing an offender directly from prison with limited or no period of supervision."

Public Safety Minister Steve Blaney's office responded as it often does when Sapers releases a report, saying: "At all times, our thoughts are with the victims of crime."

Consequently, said spokesman Jason Tamming, the government has stopped the practice of "house arrest" and ended early parole for more criminals.

"We do not believe that convicted criminals are entitled to private accommodations," he added in an email.

The report urges the government to better fund so-called community correction centres — known colloquially as halfway houses — because they help to gradually and effectively reintegrate offenders into the community.

The centres "deliver significant impact in terms of value for money and contribution to public safety," the report found, advising they be staffed with nurses, social workers and psychologists.

Sapers has provided the government with 16 recommendations to help reduce recidivism and ensure prisoners are well-prepared for their return to society.

But convincing the government to heed his recommendations is often a slow process, Sapers conceded.

THE CANADIAN PRESS

Crop failure

Cops seize \$1.2M worth of pot

Ottawa police have seized 450 kgs of marijuana in a two-day eradication project in the city's west end.

Police estimate the pot is worth about \$1.2 million on the street.

Police say they haven't identified any suspects yet. **TREVOR GREENWAY/METRO**

Gatineau

More than 20 arrested in raid

More than 20 people have been arrested in a major drug raid on 14 homes in Gatineau Wednesday morning.

Police say some of the people arrested are known to police, but that the bust isn't linked to any major biker or gang activity.

TREVOR GREENWAY/METRO

Narrow escape

Ontario man's ATV stuck on tracks, hit by train: OPP

A 22-year-old man escaped with minor injuries when his all-terrain vehicle got stuck on railway tracks and was hit by a CN freight train east of Brighton, Ont.

Police say at around 4:20 a.m. the man's ATV became stuck on the

tracks and he was trying to remove it as the train approached.

Police say the man, who managed to avoid being struck by the train himself, was found in the ditch and was taken to hospital with minor injuries.

Nicholas McGrath of Brighton is charged with impaired care and control of a motor vehicle, refusing a breath test and trespassing. **THE CANADIAN PRESS**



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Howard Sapers, Correctional Investigator of Canada, holds a news conference at the National Press Theatre in Ottawa on Wednesday to discuss issues related to Canada's correctional system. SEAN KILPATRICK/THE CANADIAN PRESS

Creamy defence. Probiotic yogurt may protect you from certain toxins: Study

If you want to defend yourself against poison, eat yogurt.

That's the — simplified — idea behind research published by experts in London, Ont.

A study led by scientists at Lawson Health Research Institute showed that probiotic yogurt can reduce the absorption of certain heavy metals and environmental toxins by as much as 78 per cent in pregnant women.

"We can't help being exposed to toxic substances in the environment," said Dr. Gregor Reid, a scientist at Lawson and at Western University.

"The idea was, could we use a simple food to at least reduce the risk that, if we do consume something, it minimizes the net adverse outcome?"

Toxins like mercury and arsenic are common in water and food, especially fish. The problem is greatest in areas where there is mining and agriculture, and in the developing world.

MIKE DONACHIE/METRO IN LONDON, ONT.

Hairy 'persons' case. N.Y. court to decide if chimps deserve basic rights

A New York appeals court will decide whether chimpanzees should be declared "persons" rather than "things" so the animals can be freed from what critics call inhumane imprisonment.

Attorney Steven Wise argued Wednesday on behalf of Tommy, who lives alone in a cage in upstate Fulton County. A trial level judge refused a request by Wise and his Non-human Rights Project to have Tommy released to join other chimps at a Florida sanctuary.

Wise argues that animals with human qualities, such as chimps, deserve basic rights, including freedom from imprisonment. He's also seeking the release of three other chimps in New York.

Tommy's owner, Patrick Lavery of Gloversville, told the Albany Times-Union the chimpanzee is happy and has cable TV and a stereo for entertainment.

THE ASSOCIATED PRESS

North Carolina

Cops mistake black foster son as burglar

Police mistook a black teenager for a thief and pepper-sprayed him inside the North Carolina home of his white foster parents, authorities said Wednesday.

Responding to a neigh-

bour's report of a break-in, police said they used pepper spray Monday when 18-year-old DeShawn Currie "became profane, threatening and belligerent" and "refused to follow instructions" from officers. Police said there have been a spate of crimes recently and were suspicious of Currie, who is not in family photos.

THE ASSOCIATED PRESS

Nose spray option could improve flu vaccine rates



Eric Krex, 6, is held by his mother as a nurse gives him a FluMist flu vaccine in this 2005 photo. In a study released Wednesday, military who squirted the vaccine up their noses were as well protected as those who received standard influenza injections. CHRIS GARDNER/THE ASSOCIATED PRESS FILE

Just as effective. Tests show immune system responses are the same between nasal and injection methods

Do-it-yourself flu vaccine? It could happen. Military folks who squirted the vaccine up their noses were as well-protected as others who got it from health workers, a study found.

There's no reason civilians couldn't do the same for children who might be less scared if the vaccine was given by a parent, the study leader said.

"A parent could easily administer it. You can't go wrong," and having a do-it-yourself option might improve vaccination rates, said Eugene Millar of the Uniformed Services University of the Health Sciences in Rockville, Md.

So far, only health professionals are allowed to give

MedImmune's FluMist, the only nasal spray flu vaccine.

Over the last two flu seasons, more than 1,000 service members and their families got the vaccine at military hospitals in San Diego and San Antonio, either from a health-care worker or by simply giving it to themselves.

Blood tests showed no difference in immune responses among groups receiving the spray in contrast to injections.

The vaccine comes in pre-filled syringes with stoppers dividing the dose in half — one for each nostril.

While it's easy to administer, it's not ready for widespread use and requires "an appropriately designed study that shows equal efficacy (and) safety" before being endorsed for use on children, said Dr. Jonathan Temte, a University of Wisconsin family medicine specialist who heads a panel that advises the Centers for Disease Control and Prevention on vaccine policy.

THE ASSOCIATED PRESS

Case should be thrown out: Kenyan president's lawyer

Lawyers for Kenya's president on Wednesday asked judges at the International Criminal Court to drop the crimes-against-humanity case against him and acquit him, saying the prosecution has collapsed and cannot be resurrected.

Prosecutors have acknowledged that they do not currently have enough evidence to prosecute Uhuru Kenyatta for his alleged role in instigating

and funding violence that left more than 1,000 people dead and forced 600,000 people from their homes in the aftermath of Kenya's 2007 elections.

But they blame the government Kenyatta leads for obstructing their investigation by failing to turn over potential evidence including Kenyatta's phone records, tax returns and bank account details.

"This case has failed and it

Uhuru Kenyatta

Trial prosecutor Benjamin Gumpert has accused the Kenyan government of obstructing the investigation.

- **Stern warning.** Gumpert is concerned that if the trial is terminated it will set a bad precedent for future trials.
- **Indefinite adjournment.** Gumpert has asked the three presiding judges to adjourn the case until Kenya fully co-operates with the investigation.

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German man tells jury about days spent with Magnotta before arrest

Jun Lin murder case.

Court hears that Frank Rubert allowed accused into his Berlin home, unaware man was wanted by police

The man who housed Luka Rocco Magnotta in Berlin says the accused murderer had a few thousand euro, no luggage and was reportedly looking for a fresh start after breaking up with a lover.

Frank Rubert told Magnotta's murder trial on Wednesday the entire encounter with Magnotta — online and in person — spanned several days in May and June 2012.

He met Magnotta on a chat website called GayRomeo while looking for a roommate.

Testifying through an interpreter, Rubert said they spent



Witness Frank Rubert, left, from Berlin, leaves the courtroom with police investigators after testifying at the murder trial for Luka Rocco Magnotta Wednesday in Montreal. Magnotta is charged in connection with the murder of student Jun Lin in a case that made international headlines. RYAN REMIOWZ/THE CANADIAN PRESS

much of their time together shopping, eating and drinking, but did not have sex because Magnotta wasn't his type.

Rubert said he didn't want to bring Magnotta home when he first saw him at the bus

station. The native of Scarborough, Ont., looked greasy and unkempt, but Rubert decided to bring him home because he didn't want to leave him alone in Berlin with nowhere to go.

Magnotta, 32, has pleaded

not guilty to five charges in the murder and dismemberment of Chinese student Jun Lin. He has admitted to the acts he's accused of, but is arguing he is not criminally responsible by way of mental disorder.

In the days after the killing, he flew to France before heading to the German capital and hooking up with Rubert.

Rubert told the jury they socialized for four days without anything untoward happen-

ing. On the day of Magnotta's arrest, the pair had parted ways for a few hours. During that time, Rubert picked up a newspaper and saw a chilling image inside: a photo of Magnotta with a story describing an international manhunt for his arrest on suspicion of murder.

While Rubert contacted police and waited at a nearby station, an Internet café employee had flagged down police after seeing Magnotta in the café.

"On that day I reflected, and thought how stupid was I to let just anybody come into my apartment without knowing what kind of a person this was," Rubert said, adding the German police wished him a happy birthday after the arrest.

"I replied it's not my birthday and the police said yes, it is, because you could have been the next."

THE CANADIAN PRESS

Lac-Mégantic. Coroner issues report, says deaths could have been avoided

A Quebec coroner says the deaths of 47 people in the explosion of an oil tanker train in Lac-Mégantic, Que., in July 2013 could have been avoided.

Dr. Martin Clavet issued a report Wednesday for each of the 47 victims. He notes he can't comment about civil or criminal responsibility because of pending criminal charges.

Clavet is urging Ottawa to review its regulations to deter-

mine the number of brakes that need to be enabled on trains. He is also recommending that the federal government ensures trains carrying dangerous materials on a main track have proper supervision.

A federal measure to that effect expired in 2013 and Clavet is recommending it be re-introduced until Canadian rail companies implement more security measures. THE CANADIAN PRESS



Smoke rises from railway cars carrying crude oil that derailed in downtown Lac-Mégantic, Que., in July 2013. PAUL CHIASSON/THE CANADIAN PRESS FILE

Euthanasia

Poll: Canadians strongly support assisted dying

An overwhelming majority of Canadians surveyed in an online poll support assisted dying for those suffering from a terminal illness that results in "unbearable suffering," a pro-euthanasia group said Wednesday, ahead of a Supreme Court of Canada hearing on the controversial issue.

The online survey —

commissioned by the euthanasia-supporting group Dying With Dignity Canada and conducted by Ipsos Reid — found that more than 90 per cent of respondents agree with the concept of assisted dying.

"Support in our poll was across every age group, every income bracket, all education levels, both genders and community regardless of size," said Wanda Morris, CEO of Dying With Dignity Canada. "We believe that it's time to stop unwanted suffering at end of life, now." THE CANADIAN PRESS

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School of horror runaway's coffin dug up bodiless

Florida's Dozier School.

Researchers had hoped to perform a skeletal autopsy to find out how boy died in 1925

Anthropologists investigating the deaths of dozens of boys at a closed Florida reform school dug up a decades-old grave in Philadelphia looking for the body of one of the boys only to find a casket filled with wood.

The Tampa Bay Times reported that University of South Florida forensic researchers were expecting to find the body of Thomas Curry, who died in 1925

'Dog boys' go boy hunting

It was common at the Dozier School for Boys for armed guards to search for runaways. School officials referred to it as "boy hunting," a guard said in 2009.

- Sometimes trustees from a nearby prison, known as "dog boys," were called in to help search.
- Former wards have said they were brutally beaten after being caught while trying to escape.

from what a coroner said was a crushed skull after run-

ning away from the Dozier School for Boys in the town of Marianna.

Curry met his death by some railroad tracks near Chattahoochee in 1925, trying to run away after serving just 29 days for delinquency at the hellish reform school some 32 kilometres away.

His body was shipped by train to his grandmother in Philadelphia, where services were held at a Catholic church, and a box was buried at the Old Cathedral Cemetery in West Philadelphia, on top of a casket that held his great-grandmother.

Burial records at the archdiocese say he was "killed by train."

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Medical staff in Madrid carry a person injured on Wednesday after clashes between riot police and protesters. Protesters were blocking a street to stop a vehicle believed to be transporting a dog belonging to a Spanish nursing assistant infected with Ebola. ANDRES KUDACKI/THE ASSOCIATED PRESS

Virus worries. Spain euthanizes dog of Ebola-infected woman

Monkeys, bats and a menagerie of animals can spread Ebola. Now there's worry that dogs — or one dog in particular — might spread it, too. Officials in Madrid got a court order to euthanize the pet of a Spanish nursing assistant who has the deadly virus.

The dog was killed on Wednesday. No case of Ebola spreading to people from dogs has been documented, but "we want to look at all possibilities," said Dr. Thomas Frieden, director of the U.S. Centers for Disease Control. **THE ASSOCIATED PRESS**



Taking precautionary steps

A teacher uses a thermometer to check the temperature of students at Wednesday. Spotting any symptoms early is a key factor in treating

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Ebola victim see his son

'Dealing with the sorrow.' Visit to the U.S. represented decades of effort in West Africa

Thomas Eric Duncan, the first Ebola patient diagnosed in the United States, grew up next to a leper colony in Liberia and was forced to flee from years of war before returning to his country, years later, to find it ravaged by the disease that ultimately took his life as well.

Duncan, 42, arrived in Dallas, Texas, in late September, realizing a long-held ambition to join relatives. He came to attend the high-school graduation of his son, who was born in a refugee camp in Ivory Coast and was brought to the U.S. as a toddler when the boy's mother successfully applied for resettlement.

"His son had told his mother, 'I want to see my dad. Can we help my dad to come?' And they

fixed his papers to come to this country," said Duncan's brother Wilfred Smallwood.

The trip was the culmination of decades of effort, friends and family members said. But when Duncan arrived in Dallas, though he showed no symptoms, he had already been exposed to Ebola. Duncan's life reflected the common hardships of many Liberians who fled or endured the country's 14 years of civil war.

Duncan's half-sister, Mai Wureh, had arrived with her husband in the U.S. in 1989, shortly before Charles Taylor's invasion, and helped her family apply for resettlement there, but the application was denied.

Duncan, Smallwood and about 20 other



as Ebola virus spreads

Aiyetoro African Church Nursery and Primary school in Lagos, Nigeria on Ebola patients, according to health experts. SUNDAY ALAMBA/THE ASSOCIATED PRESS

wanted to graduate

family members fled in the opposite direction from Taylor, to a refugee camp outside the Ivorian border city of Danane. It was there that Duncan met Louise Troh.

"We all lived in Ivory Coast in the refugee camp, and by 1994, they were boyfriend and girlfriend," said Thomas Kwenah, a lifelong friend.

When Troh's resettlement application was approved, she took the couple's three-year-old son, Karsiah, and moved first to Boston and later to Dallas, but Duncan's visa application continued to be denied. Along with relatives, Duncan migrated from Danane to Buduburam, a sprawling, city-like refugee camp in Ghana. This year, Duncan



Thomas Eric Duncan
WILMOT CHAYEE/THE ASSOCIATED PRESS

was summoned to the U.S. In a recent conversation, Kwenah said, Duncan had confided that he "wanted to marry that girl in Dallas."

Duncan arrived at Troh's apartment in Dallas on Sept. 20. Troh said in a statement Wednesday that she is "dealing with the sorrow and anger" that Karsiah Duncan was unable to visit Duncan at the hospital Tuesday evening, and so never saw his father again.

THE ASSOCIATED PRESS

Screening

Canada to step up border checks for Ebola virus

Minister of Health Rona Ambrose says border agents will start to use targeted temperature screens in an effort to prevent people sick with the disease from entering the country.

The U.S. government also says it will start to use

enhanced airport screening for incoming passengers at the five airports that handle most flights from the affected West African countries.

That word comes on the same day it was announced that the Liberian man hospitalized with Ebola in Dallas, Texas, had died.

Canada gets few travellers from the affected countries; only 1.5 per cent of all travel from the three countries comes to Canada.

THE CANADIAN PRESS

NewLink Genetics

Vaccine maker working fast

With talk turning to the idea that Ebola vaccines and drugs may be needed to quell the West African outbreak, the tiny U.S. company that holds the licence for a Canadian-made vaccine says it is working as fast as it can to get that option tested and ready for use. NewLink Genetics says at least five clinical trials

involving the vaccine, known as VSV-EBOV, will soon be under way in the United States, Germany, Switzerland and in an unnamed African country which is not battling Ebola. As well, the Canadian government has said it wants to conduct a trial in this country.

Vaccine for these studies will be provided by the Canadian government, said a spokesperson for NewLink, which is based in Ames, Iowa.

THE CANADIAN PRESS

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Online meddlers can't run and can't hide from WikiWash

In March 2014, Metro's digital team headed to Toronto's inaugural edition of Tchraking, a data journalism crash course sponsored by Google, the Center for Investigative Reporting and The Working Group. The prize at the end was a sizeable chunk of TWG's time to develop a data journalism tool pitched by an attending team. Metro's team won over the judges, and WikiWash is the result.



Metro digital reporter Luke Simcoe demonstrates the WikiWash program in Toronto Wednesday. DAVID VAN DYKE/METRO IN TORONTO

LUKE SIMCOE
Metro Online

According to itself, Wikipedia is the fifth-most popular website on Earth. It boasts a staggering 21 billion monthly page views and the English edition alone contains 4.6 million articles — 100 times that of Encyclopedia Britannica. Since its inception in 2001, Wikipedia has become the Internet era's de facto archive. However, with that status comes great responsibility, for a single malicious or incorrect edit can ripple outwards, carried into the broader discourse by the 500 million people who visit the site each month. One of the earliest hoaxes on Wikipedia occurred in 2005. An article on U.S. journalist John Seigenthaler falsely claimed he was a suspect in the Kennedy assassination. The entry remained online for six months before being discovered, and the ensuing outcry led the Wikimedia Foundation to ban unregistered users from creating pages. Two years later, a 24-year-old Caltech student named Virgil Griffith created WikiScanner, an online tool that linked changes made by anonymous

Wikipedia editors to the organizations from which the changes were made. Griffith's tool revealed edits made from IP addresses connected to numerous governments, businesses and agencies, including the CIA, the Vatican and the Canadian government. Griffith said he developed WikiScanner "to create minor public relations disasters for companies and organizations I dislike (and) to see what 'interesting organizations' (which I am neutral towards) are up to." Most of the edits discovered by WikiScanner were harmless, but it was a wake-up call. The public learned governments and corporations had Wikipedia on their radar and weren't above meddling with it to preserve their image. There are currently 287 language editions of Wikipedia, meaning spin and vandalism on the site is truly a global issue. (Check out the map on the next page to see some editing controversies from around the world.) As Wikipedia's audience continues to grow, so too does the capacity for political and corporate spin on the site. Earlier this year, a WikiMedia employee was fired after being caught editing entries on behalf of paying clients. In July,

Background

The seeds of an idea

ANDREW FIFIELD
andrew.fifield@metronews.ca

It all started because we thought it would be fun to map the sort of chicanery Toronto's absurdly partisan politics inspired on Wikipedia. Shortly after Metro's digital team arrived at Tchraking, we were assigned a fairly simple task: Come up with a data journalism pitch to throw your freshly tuned techniques at. Our kernel was telling the story of Toronto's municipal election through Wikipedia edits. What invented indiscre-

tions would worm their way into our notorious incumbent's entry? If somebody was spotted sowing confusion on a candidate's page, what other entries had drawn their attention? That kernel went on to be heated by several rounds of prodding and encouragement from our Center for Investigative Reporting and The Working Group hosts. They challenged us to expand our idea and cast our eye toward Wikipedia itself. The site's open nature is its greatest strength and its greatest weakness. A way to easily sort what entries are being targeted by ill-intentioned edits, where the edits are being made from and even how they're being

corrected could go a long way to taming the more damaging aspects of Wikipedia's crowd-sourcing model. So it was time to think big. How much data could realistically be scraped from Wikipedia? Would we be able to search a constellation of pages to dig up potential patterns? What's the best way to display it? Eventually, chats with our hosts grew shorter and the question primarily became, "Wait, this doesn't already exist?" It didn't. Now it does. WikiWash still has a distance to go before it becomes what we think it can be, but we couldn't be happier to share it with you while we watch it grow.

on the Wikipedia page itself, putting any changes in context. While tools like WikiWash have historically revealed Wikipedia's vulnerabilities, Maher believes they're a valuable part of the project. "We're always excited when we see them," she said. "They're really an extension of the intent of Wikipedia. If you

What is WikiWash?

- WikiWash is a search engine that reveals the edit history of a Wikipedia entry. To learn which users have been editing a page, simply paste the link or IP address of the person behind it. Clicking on each edit's summary will highlight the specific changes that were made, be it simply correcting a typo, or something a little shadier.
- So what to do with all these edit histories? Well, that's up to you.

A brief history of Wikipedia editing gone awry

B.C. parliament buildings

Ahead of the 2013 B.C. provincial election, an edit war erupted on the Wikipedia entries for Liberal Premier Christy Clark and NDP Leader Adrian Dix. Partisan supporters on both sides were accused of grooming the leaders' pages, removing any mention of past scandals.

U.S. House of Representatives

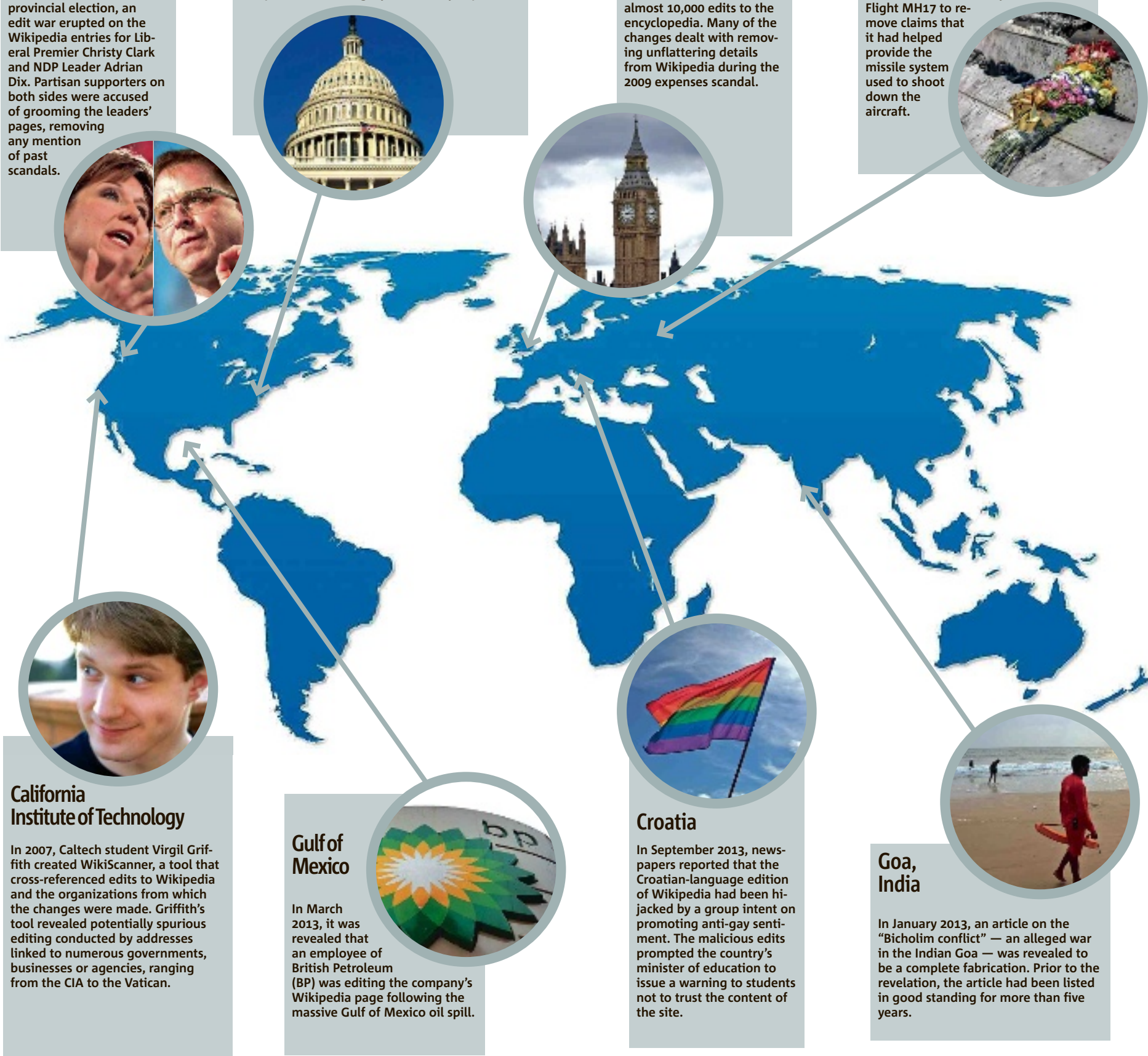
In 2005, the IP address assigned to the U.S. House of Representatives was blocked from editing Wikipedia due to "a deliberate attempt to compromise the integrity of the encyclopedia."

U.K. parliament

In March 2012, it was discovered that U.K. MPs or their staff had made almost 10,000 edits to the encyclopedia. Many of the changes dealt with removing unflattering details from Wikipedia during the 2009 expenses scandal.

Malaysia Airlines Flight MH17

In July 2014, the Daily Telegraph reported that IP addresses belonging to the Russian government had edited articles related to Malaysia Airlines Flight MH17 to remove claims that it had helped provide the missile system used to shoot down the aircraft.



California Institute of Technology

In 2007, Caltech student Virgil Griffith created WikiScanner, a tool that cross-referenced edits to Wikipedia and the organizations from which the changes were made. Griffith's tool revealed potentially spurious editing conducted by addresses linked to numerous governments, businesses or agencies, ranging from the CIA to the Vatican.

Gulf of Mexico

In March 2013, it was revealed that an employee of British Petroleum (BP) was editing the company's Wikipedia page following the massive Gulf of Mexico oil spill.

Croatia

In September 2013, newspapers reported that the Croatian-language edition of Wikipedia had been hijacked by a group intent on promoting anti-gay sentiment. The malicious edits prompted the country's minister of education to issue a warning to students not to trust the content of the site.

Goa, India

In January 2013, an article on the "Bicholim conflict" — an alleged war in the Indian Goa — was revealed to be a complete fabrication. Prior to the revelation, the article had been listed in good standing for more than five years.

OSC. Panel doesn't want Conrad Black rehashing old news during testimony

Conrad Black will be allowed the right to speak in his own defence later this week before Canada's largest provincial securities commission, although it doesn't want to revisit issues that have already been through the U.S. legal system.

The Ontario Securities Commission panel also agreed Wednesday to also al-

low testimony from two of the witnesses proposed by the former media mogul, including his former secretary.

Black's testimony is scheduled to begin Friday. The head of the OSC panel, Christopher Portner, said he wants to ensure the Black hearing does not "recharacterize the evidence of the U.S. proceedings." **THE CANADIAN PRESS**

Called 'cramming'

AT&T to pay \$105M for billing people for bogus charges

Telecom giant AT&T will pay a hefty \$105-million US settlement after the U.S. government accused the company of unlawfully billing wireless customers for tens of millions of dollars in bogus charges — a practice known as cramming.

THE ASSOCIATED PRESS

Alleged false claim

Feds seek return of \$240,000 in oil spill claim money

The U.S. government is seeking the return of nearly \$240,000 after an Alabama man allegedly falsely claimed to have made the bulk of his 2009 income for himself and his business from shrimping — revenue that was shut off by the 2010 Gulf oil spill.

THE ASSOCIATED PRESS

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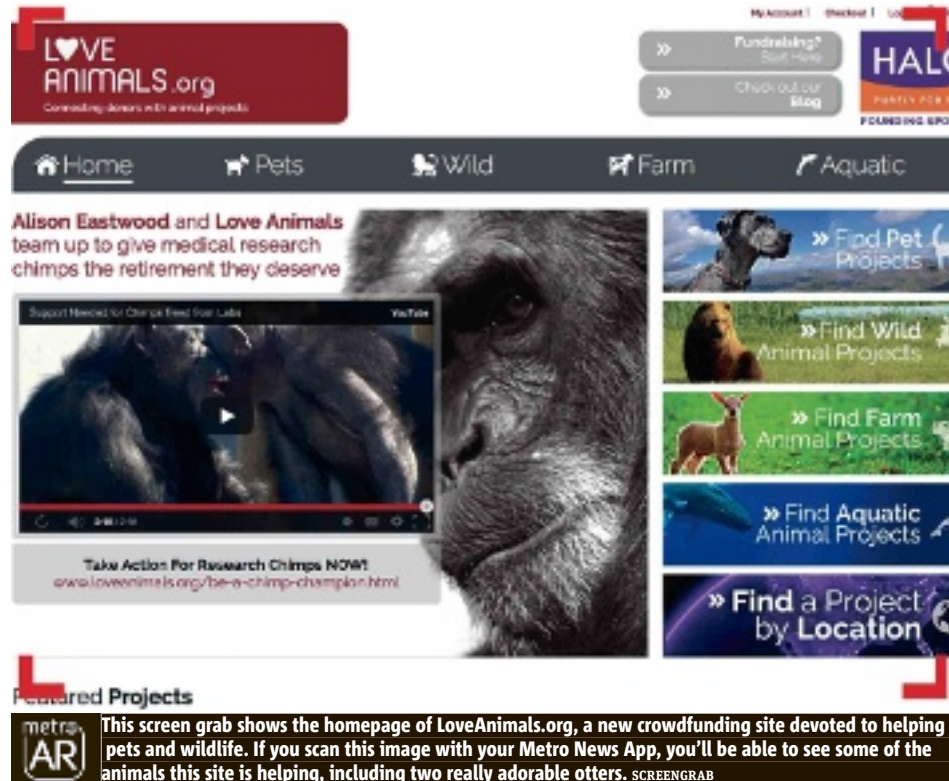
Love animals? There's a crowdfunding site for you

LoveAnimals.org. If you have a soft spot for cute, cuddly creatures, you can donate via the site to help pets and wildlife

A large number of small online donations can turn pet projects into big lifesavers for animals.

LoveAnimals.org, a year-old crowdfunding site, is believed to be the first devoted to aiding just pets and wildlife. It has tapped into the power of online contributions, where people can give what they can, whether \$5 or \$500 US, to help a more costly project come to fruition. Through Love Animals, donors can help non-profit sanctuaries, pet rescues, animal hospitals, zoos and aquariums provide care and extra amenities for dogs, elephants, otters, horses and everything in between.

Animal efforts appear on other sites using the popular crowdfunding technique, such as Indiegogo, Kickstarter and Gofundme, but they are mixed with non-animal causes and for-profit companies. In July, the ResQwalk mobile app launched through Indiegogo, allowing people to raise money for animal rescues and shelters in the U.S. and Canada every time they go walking.



This screen grab shows the homepage of LoveAnimals.org, a new crowdfunding site devoted to helping pets and wildlife. If you scan this image with your Metro News App, you'll be able to see some of the animals this site is helping, including two really adorable otters. **SCREENGRAB**

"It's easier to get many people to give small sums of money than to get just a few people to give you large amounts of money," said Sarah Timms, a Colorado attorney who founded LoveAnimals.org.

The site gave a new chance at life to a kitten named Roger, who was thrown from a moving car in

Colorado in early September and required a leg amputation.

Longmont Humane Society in Colorado, which took in the one-pound kitten, doubled its goal of \$650 in less than 24 hours of online fundraising. Twenty people donated between \$5 and \$375 through Love Animals to help pay for medical bills

and rehab for Roger.

Timms founded the free site after reading a study from Massolution, a crowdfunding research company, which said crowdfunding raises billions of dollars globally every year.

"We will make sure animals get a piece of that pie," Timms said.

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Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

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SO HIP IT HURTS: A SUPERFAN'S TIMELINE

Maybe the clearest sign I'm getting older is that my favourite band is getting older, too. I am *38 Years Old*, after all.

The Tragically Hip's library isn't the Library of Alexandria or anything, but they've been around long enough that they're about to re-release a 22-year-old album. I find this depressing, fully and completely.

Even the way I discovered The Hip is old school. I was at my old school listening to a mixtape on a Walkman, when I heard a song with a bass groove so deep I dove right in. It was *At the Hundredth Meridian*, where my great fandom begins.

Since then, I've seen the Hip in Holland and Las Vegas and, God help me, Moncton. I've talked to four of them, including a conversation with bassist Gord Sinclair in which he told me they're still together because 'We're men, not boys.'

I'd best not squeal, then, I thought, as I nodded solemnly.

I've tried not to be That Fan, but it's hard. I went to a movie the-



HE SAYS
John Mazerolle
metronews.ca

atre to see a one-off closed-circuit thing the band was doing, and I was stopped by a cameraman on the way in to ask my thoughts for the nightly news.

What I wanted to say: "The Hip were the first rock band to use Canadian iconography in their songs, which eventually led to the group becoming iconic themselves." What I actually said: "They're, like, icons, man. Awesome."

I didn't thrust a beer in the air and yell "WHOO!" though, so, you know, small victories.

My extreme fandom's never stopped. I know more about the Hip than any normal person should. Here's a timeline of their career, completely off the top of my head:

- **Sept. 15, 1981:** The band gets together in high school, spurred on by the typical Canadian dream of forming a group that is 40 per cent Gord.
- **Feb. 28, 1983:** The band chooses the name The Tragically Hip

after watching a 1980s Saturday Night Live sketch of the same name, beating out close contenders "Land Shark" and "Roseanne Rosannadanna."

• **July 2, 1986:** Lead singer Gord Downie has a day that he later says inspired much of his songwriting, when some Bobcaygeon thugs lock him in the trunk of a car.

• **Aug. 9, 1987:** The band releases its second single, kicking off the well-loved fan ritual of saying, "They're good, but not as good as they used to be."

• **March 17, 1994:** The band is nearly torn apart by drummer Johnny Faye's double-double addiction.

• **Aug. 29, 2005:** Years of alleged fear mongering are vindicated when New Orleans begins sinking. FEMA offers the band a direct apology.

That timeline isn't strictly true, if you want to be a slave to the dictionary definition. But it does highlight my obsessive, silly fandom, and why I still like the band so much after so many years: They make me feel young. Or as renowned rock critic Lester Bangs once put it, "Icons, man. Awesome."

Metro Bitstrips caption contest Today's winner: Desmond Cruz



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Bitstrips

MetroTube

Get your kangaroo kicks

ANDREW FIFIELD
andrew.fifield@metronews.ca

So I'm a little torn about the *Nutcracker* soundtrack playing over this kangaroo fight. At first, I was indignant. Sure, the comedic value is plain. But it's also a disservice to anybody who hasn't heard what must be the magnificent sounds produced by a kangaroo boxing match. But by the time it was all over, I realized I'd hardly blinked and my heart was soaring. So, well played, Rodney Langham. (Rodney Langham/YouTube)



SCREENGRAB

Twitter

@metropicks asked: A B.C. Pastafarian lost his driver's licence over refusing to ditch the colander in his ID photo, which he claims is his religious right to wear. Was the decision just?

@lustforlaughs: Pastafarianism can't be a religion because there is legitimate verifiable proof that pasta exists.

@nasty45: as long as he can wear the strainer to the Legion I'm cool.

@edmontongue: jah win some jah lose some

Join the conversation @metropicks.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 20 in *Business*, page 23 in *Scene* and page 36 in *Sports*.

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Chef goes fishing for supper, then shows you how to cook it

Catch 2 Kitchen.

Andrew Rochon has fished around the world, but local waters are his favourite



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

With the debut of Catch 2 Kitchen, his new series on Rogers Television, Ottawa chef Andrew Rochon has found a way to combine his two passions: food and fishing.

"I grew up fishing, I always loved it, and it's what I do when I'm not in the kitchen," he says.

Rochon is executive chef of The Holiday Inn and Graffiti's Restaurant in Kanata and, although he has fished in exotic locations like Costa Rica, Jamaica, Mexico and the Bahamas, he admits his favourite place to fish is right here in eastern Ontario.

"The whole purpose of this series is to show people that we have all these awesome species — these delicious, edible fish in our waters not far from here — and to take advantage of that. We're lucky, here in Canada, to have such pristine fresh water."

In each episode of Catch 2 Kitchen, Rochon enlists the help of a local fishing guide for an outing. They choose a body of water and a species they are going to tar-



Andrew Rochon, holding a barracuda he caught off Isla Mujeres in Mexico, will focus on local fish as host of Catch 2 Kitchen on Rogers TV. CONTRIBUTED

Fish for dinner

Catch 2 Kitchen airs on Rogers Television on Saturdays at 4 p.m., Sundays at 1 p.m., Mondays at noon and Thursdays at 1:30 p.m.

get for the day. Throughout the show, he and the guide offer fishing tips and advice.

Then Rochon shows viewers how to fry up their catch.

"We go out and fish, we part ways, and then I head to the kitchen with the fish," he says. "I show people how to fillet it and then walk you through one of my own recipes. I try to be as fresh and local as I can, using garden ingredients."

For now, Catch 2 Kitchen

will remain a locally focused program but Rochon hopes to one day bring the show to a national or international stage via The Food Network, Outdoor Life Network or The World Fishing Network.

"Eventually, I'd like to get the show out there and catch a tuna in Nova Scotia or catch a salmon in B.C. — that's the big dream," he

says, adding that he is grateful for the experience and exposure the pilot episodes on Rogers Television will provide.

"Six months ago, this was an idea that I was toying with. It was just going to be a YouTube thing, and now it's a TV show and I'm hoping to pitch it to other networks."

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Steve Carell talks tech and raising teenagers

Alexander. Actor's new family-friendly affair has him thinking about cellphone rules

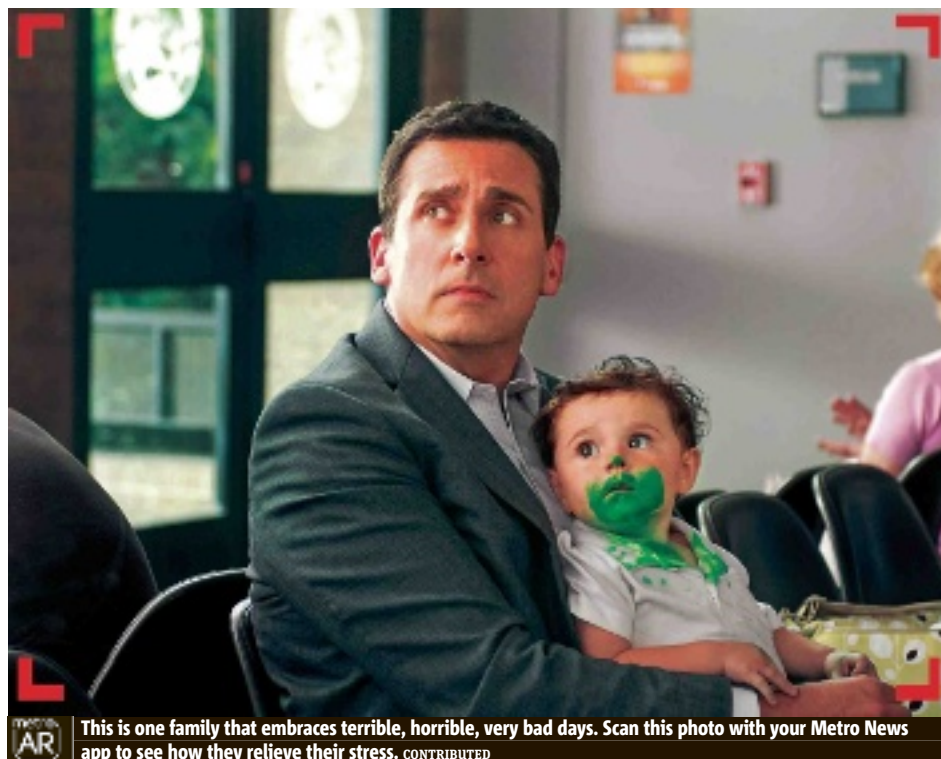
NED EHRBAR
Metro World News in Hollywood

Steve Carell has been busy promoting both the family-friendly Disney flick *Alexander* and the Terrible, Horrible, No Good, Very Bad Day and Bennett Miller's gritty true-life drama *Foxcatcher*, which wowed at Cannes and Toronto and hits theatres next month. Luckily, Carell hasn't had any trouble keeping the two films straight.

All the kids in *Alexander* have iPhones, which struck me as odd, but then I don't have children. Is there a right age for that?

It's different for different people. As for my family, we have limits. I think you have to have limits and you have to put parameters on that sort of usage. You want your kids to be engaged with other human beings — that's always a nice thing.

Our daughter got her cellphone when she was 12. So when she entered seventh grade, she got a cellphone. And I think that's fairly common. I think for a while it was 16 or even older, but I think all of her friends at this point have cellphones. They're not allowed to use them in class or anything; they're really there for emergencies. "I need to come home, pick me up" kind of stuff.



This is one family that embraces terrible, horrible, very bad days. Scan this photo with your Metro News app to see how they relieve their stress. CONTRIBUTED

And I assume there's a lot of peer pressure once other kids have them.

Yeah, certainly. Technology's changed a lot. Since I was a kid, the world is upside down technologically. I think parents are just navigating uncharted territory at this point.

My mom got me a pager when I was in high school.

And now I know exactly when you grew up (laughs). Because the lifespan of pagers was not a long one.

Longer than MiniDiscs, at least.

Oh yeah. I'm sure they don't

make MiniDiscs anymore. I've heard, though, that vinyl is making a comeback, that digital music has sort of peaked and that vinyl is making a huge surge right now. I always loved album artwork. That to me is sort of a lost art; what album covers look like and just the feel of it.

You've also been promoting *Foxcatcher*, out later this fall, which is a very grown-up, Oscar-friendly drama. How do questions for the two films differ?

Well, I mean, the movies are just so tonally different, and one is based on a true story so

there is, I think, much more responsibility involved.

***Alexander* isn't a true story?**

It could be! I'm not saying it's not a true story. A familiar story, to be sure. Let's say that. Certainly the questions I think we're going to be asked are different. The whole approach to it is different. It's light, fun family entertainment.

Killing Jesus. National Geographic announces all-star cast for TV movie

After *Killing Lincoln* and *Killing Kennedy*, the cable network is prepping a TV movie adapted from the third book in Bill O'Reilly's non-fiction series, *Killing Jesus*. Details on the cast have just been revealed.

National Geographic has announced a star-studded cast for its retelling of the life of Jesus of Nazareth through political, social and historical events.

Haaz Sleiman (*The Visitor*, *Nurse Jackie*) will headline as Jesus, joined by Stephen Moyer (*True Blood*) as Pontius Pilate, Kelsey Grammer as King Herod, Emmanuelle Chriqui (*Entourage*) as Herodia and John Rhys Davies (*Sliders*, *Lord of the Rings*) as Annas.

The cast will also feature Alexis Rodney, Rufus Sewell, Stephanie Leonidas and John Lynch, among others.



Haaz Sleiman will play Jesus in *Killing Jesus*. GETTY IMAGES

After hitting new record viewer numbers with *Killing Lincoln* and *Killing Kennedy*, National Geographic is betting big on *Killing Jesus*, which will air in 2015 in 171 countries and 45 languages. **AFP**

Hollywood

Get your Iron Man story straight, Robert!

Speculation is building around Robert Downey Jr.'s role in future Iron Man instalments after conflicting quotes have emerged from U.S. talk shows. The Iron Man character will continue to appear in Marvel's film franchise, but may not get another solo film for a while. That's the conclusion drawn from contradictory state-

ments that Robert Downey Jr. gave on Tuesday on *The Ellen Show*. He was asked if there would be a fourth Iron Man movie. "I know there's gonna be a bunch of Marvel movies and they have big ideas of how to do it best, and we're in the middle of negotiation."

"So yes?" continued Ellen DeGeneres. "OK, yes," he smiled.

But only a few hours later, he popped up again on *The Late Show* with David Letterman, where he said, "There's no plans for an Iron Man 4 ... there's no script for Iron Man 4." **AFP**

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Lots of good fortune and a little Bad Blood for England's Bastille

Big breaks. After years of struggle in the U.K., band is enjoying their 'easy' success on this side of the Atlantic

PAT HEALY
Metro World News in Boston

A few winters ago Chris Wood found himself going door-to-door in London, England, distributing flyers to offer his services as a drum teacher. It was, as he describes, a chance at getting out of a career of working at a factory. But fate dealt him a kinder hand, as one of the people who saw his flyer was singer Dan Smith.

"So it happened that he was around that time thinking he

should get a band together, and it happened to be that same week that I popped up with the flyer," recounts Wood. "Basically, he rang me up, expecting me to be this 60-year-old man with a beard and he was asking if I had any drum students that would be good, and I was like, 'Nah, dude, I've only got two.'"

And so it goes that Wood — who is affectionately known as Woody — offered his own services and became the drummer for Bastille. Though the band's success in the States has seemed rapid, there were years of struggle in their home country.

"In America, we were very fortunate in that we skipped some steps that most bands have to go through, like the stage where you are playing for 10 people at this bar, and then you drive 20 hours to play for

Quoted

"Basically, he rang me up, expecting me to be this 60-year-old man with a beard and he was asking if I had any drum students that would be good..."

Bastille drummer Chris Wood on being recruited by singer Dan Smith

10 people at this other bar," he says, noting that by the time they had come to the U.S., their debut, *Bad Blood*, was already at No. 1 in England. "In the U.K., though, we've seen it go from the very basic level where we were playing in pubs to where we are now."

Where they are now is actually in the studio. When we speak with Wood, he's literally in the kitchen of a recording



Bastille plays Montreal Oct. 14, Toronto Oct. 15 and Vancouver Nov. 14. CONTRIBUTED

studio, where the members of Bastille have just completed seven days of recording on their followup to 2013's smash, *Bad Blood*.

But just because they found success the first time around doesn't mean the four-piece won't tinker with the formula.

"We're using guitars for the very first time," says Wood.

The way that the band members write has also changed. They're now hammering out

ideas together for the songs.

"I say songs, but it's really kind of just ideas right now. There are seven or eight at the moment at varying stages of completion," says Wood. "We'd love to play these songs live, but people would be like, 'Why are you playing this half-finished mess?'"

But the process is still new and exciting for Bastille. Wood recalls that the early Bastille compositions were not as in-

clusive.

"In the beginning, the songs were all actually written in Dan's bedroom and then we'd go in and rehearse and sort of learn the songs. We'd be working all day and then go to the rehearsal space at about 10 at night and play until three in the morning and then get up at seven the next morning to go back to work ... It was obvious we all believed in it early on, and we all stuck with it."

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Nashville's newest addition is getting used to the country singer lifestyle

Laura Benanti.

Singer-actress praises Connie Britton's hair and says her co-star is an 'all-around badass'

LISA WEIDENFELD
scene@metronews.ca

Broadway fans may recognize Nashville's newest guest star from her Tony-award-winning performance in *Gypsy*, but for TV audiences, Laura Benanti might be most recognizable from her turn as the Baroness on last year's immensely popular *Sound of Music Live*. (Twitter fans will just recognize her as an uncommonly funny Twitter presence.) She is appearing as Sadie Stone, another in Nashville's roster of talented singer-songwriters trying to make it in the tough world of

country singers. We checked in with Benanti about the important things, like how Sadie fits in with the other Nashville-ites, and just how perfect star Connie Britton's hair is in real life.

How would you describe Sadie Stone?

She is a singer-songwriter who's been writing for probably 10 years or so. She's pretty well respected but has never had a big hit on her own. She's recently had sort of a breakout album that's brought her more mainstream success, so she has some decision-making to do in terms of who she's going to allow to shepherd her into the next phase of her career.

How does she fit in with the rest of the crew?

I think so far she's fitting in pretty great. One of the things I like about this show is that they celebrate the songwriter. She's not a flash in the pan.

Now that you've seen it up

close, can you confirm if Connie Britton's hair is really as perfect as it appears to be?

It's like the hair is made of angel's wings. It's so gorgeous. I don't really understand it. I don't understand how it exists.

You've been very vocal about your love of the show on Twitter in the past. Were people excited for you?

It's funny because all my Twitter followers, when I announced that I was doing the show, were like, are you going to be cool? Is Connie Britton going to run away from you? Are they going to have to hire extra security? I was like, ooh, maybe I need to tone down the old obsession meter.

She seems to have been OK with it. Is she showing you around the country scene?

She's taken me to some pretty cool places around Nashville. She's like an all around badass. She's just an awesome person.



Connie Britton, left, and Laura Benanti star in *Nashville*. GETTY IMAGES

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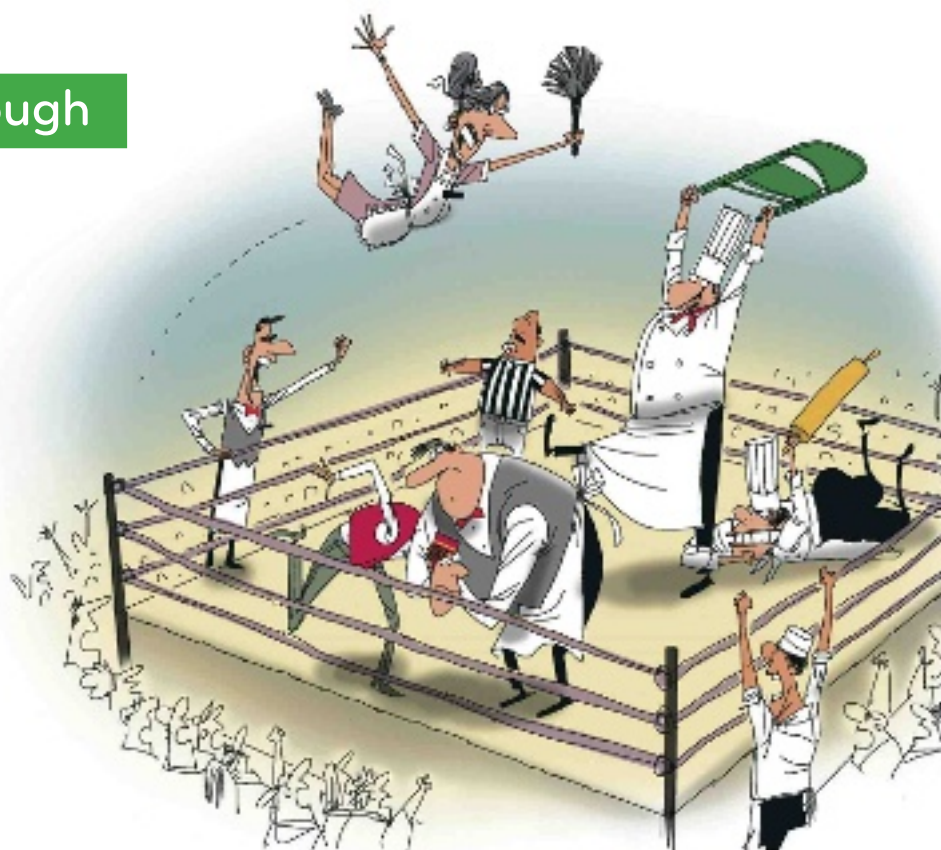
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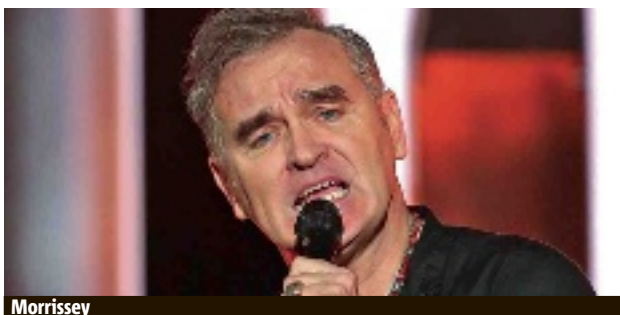
Rumer Willis and mom Demi Moore. ALL PHOTOS GETTY IMAGES

Demi lectures daughter on pitfalls of cosmetic surgery

Demi Moore is reportedly reading the riot act to daughter Rumer after the 26-year-old posted an Instagram photo with so prominent a pout that some suspected she'd dabbled in the world of plastic surgery.

Despite speculation over the years that Moore herself has gone under the

knife, she "got a few of her daughter's friends together and lectured them about the pitfalls of cosmetic surgery," a source tells the National Enquirer. "Demi thinks all her daughters are naturally beautiful. She worries that Rumer and her sisters feel pressure to chase an unrealistic Hollywood physical ideal."



Morrissey

'I'll rest when I'm dead' Morrissey tells worried fans

British singer Morrissey has revealed he is undergoing treatment for cancer, though he did not specify what type.

"They have scraped cancerous tissues from me four times already, but who cares," the 55-year-old former Smiths frontman tells Spanish newspaper El Mundo. "If I die, then I die. And if not,

then I don't. Right now, I feel good. I am aware that in recent photos I look unwell, but that is what illness does. I'm not going to worry about that, I'll rest when I'm dead."

Morrissey has been forced to cancel several concert appearances since the beginning of last year due to various health issues.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Can you spare a fiver to help London block Nickelback?

NED
EHRBAR
Metro in Hollywood

Who says the Internet can't be used as a force for good?

A British man has launched an online crowd-funding campaign with the express purpose of keeping Nickelback from performing in London.

Craig Mandell has set a goal of \$1,000, with all contributed funds going to charity, to show the band's management just how much Londoners don't want them around.

For each \$1 donation, he

will send Nickelback's management an email "kindly requesting that they do not play in London, England, for the foreseeable future."

A \$5 donation gets a "slightly more forceful email," and \$10 earns an email "full of explicit phrases and lots of capital letters and maybe even a rude emoticon or two."

But for donors really serious about getting their point across, nothing beats the \$50 donation level: "Your donation will result in an email to Nickelback with an attached mp3 of Nickelback's music," Mandell writes.

"This way, the band will hear their own music and likely retire immediately, thereby ensuring the success of our campaign."

Do your part, folks. Londoners will thank you.



Martha Stewart



Gwyneth Paltrow

Shocked Paltrow 'psyched' that Stewart sees Goop as real competition

This Gwyneth Paltrow-Martha Stewart feud has reached new levels of cattiness, thanks to a recent speech by Paltrow herself.

Apparently the Country Strong star heard Stewart's remarks that Paltrow "just needs to be quiet" and "if she were confident in her acting, she wouldn't be trying to be Martha Stewart."

Paltrow's response? "No one has ever said anything

bad about me before, so I'm shocked and devastated. I'll try to recover," she joked while speaking at Fortune magazine's Most Powerful Women Summit earlier this week. "If I'm really honest, I'm so psyched that she sees us as competition."

I can only hope they continue to snipe at each other at increasingly absurd high-brow functions. Keep it classy, ladies.



Twitter



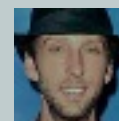
@rihanna

Burning candles inside of the studio, rappin n prayin...



@ChloeGMoretz

LA for 24 hours? Obviously fitting in a @soulcycle class



@joeldavidmoore

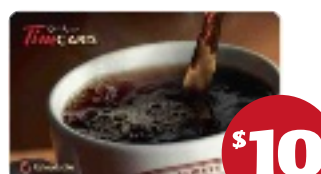
So what's the plan here? We all just gonna put a bunch of those Instagram baby pics in an album to show kids later in life?

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Clothes: the book on Betty

Written in retail.

Famed Bergdorf personal shopper Betty Halbreich talks closets, mirrors and memories

Clothes and how to wear them have been a constant in Betty Halbreich's life for most of her 86 years.

Good thing she landed a job at Bergdorf Goodman as a personal shopper nearly four decades ago.

The opportunity couldn't have been better timed. She was fresh out of a mental hospital after a breakdown following a split with her husband. She had found herself alone in his city — it wasn't hers — for the first time and needed a reason to get out of bed.

Fashion and style loomed large in her proper upbringing as a lonely only child in Chicago.

At the famed department store, it was the thing that saved her life. But with age, she's made a few changes, particularly when it comes to her relationship with clothes.

"I've loved clothes all of my life. I don't love them personally anymore. It's more of a job. Today it's like whatever's in the closet," the blunt-spoken Halbreich said by phone in a recent interview.

Dressing "correctly" has always come easily for Halbreich, especially under the watchful eye of her fastidious mother, so sharing that love by dressing others is about the only job she could have imagined.

Halbreich, with two grown children and three grandchildren, is still on the job, pulling looks for clients from the racks at Bergdorf



Betty Halbreich's lays out her life in a new book, *I'll Drink to That: A Life in Style with a Twist*, co-written by Rebecca Paley and released in September by Penguin Press. THE ASSOCIATED PRESS

and preparing to publish a book on her life spent finding the perfect fashions.

Closets have always been a source of comfort to you.

Kindred collaboration

Betty Halbreich on her friendship with *Girls* star Lena Dunham, who's developing a TV series inspired by Halbreich and her book.

- "We're going to have such a good time together if we ever get on with this, whatever we're doing. I feel like she's my other child. We're soulmates in a strange way. We've suffered through some of the same things. We think a lot alike. She's sweeter than I am."



They've played a huge role in your life.

They're my playhouse, like my dollhouse when I was growing up. I can get up in the middle of the night and

start doing them. I live in eight rooms. I have 12 closets. I just keep rearranging all the retro clothes backward and forward. Closets and keeping them neat are like a hobby. It's really going back to my childhood. I've had enough psychiatry to tell you.

You have an odd relationship with mirrors. You're surrounded by them all day long at the store.

I do have an odd relationship. My mirror is so terrible at home that when I see myself in a better mirror when I come to work I say, 'My God, Betty. Turn up the lights. Don't walk out in the morning looking like a shadow.'

But clients, I teach how to look in the mirror. It's so interesting. It's a reversal.

Let's get real

"Look, 37 years of this stupid job, if I don't know that it doesn't look good on them, I should really leave."

Betty Halbreich, Image consultant and personal stylist

It's psychological. I've always had a fight with mirrors. I've never liked a mirror image. I've never really liked who I was, you know. I like who I am today because I'm more comfortable.

How do you train somebody to like their image in the mirror?

My mirrors are three-way and most women do not like that three-way mirror thrown at them, where you see your rear end, and you see your side view. But if they're really enamoured of some beautiful piece of clothing it works.

I know what looks good on them the minute they put it on. Look, 37 years of this stupid job, if I don't know that it doesn't look good on them I should really leave.

So you don't live, eat and breathe fashion and shopping?

When I leave the store, I try to live another life. I don't talk about clothes.

I haven't been in Saks since they put the escalator in (that would be 1979). Maybe I'll have to go to Bloomingdale's to buy a pillowcase, but I don't tread in other stores. I find it extremely boring. It's like eating too much candy.

I don't want to bring it home. I'm really not interested.

THE ASSOCIATED PRESS

3

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News worth sharing.

Fashion on the field

CFL partners with eLUXE on Grey Cup fashion collection

The CFL is hoping to fuse the worlds of football and fashion with a new collection geared toward female fans.

The league is partnering with homegrown online retailer eLUXE on the #MyGreyCup collection. Canadian fashion bloggers and style mavens have been enlisted to create and promote their own Grey Cup-specific designs that will be sold on eLUXE leading up to the CFL championship game next month.

The collection will consist of between six and eight designs on items to be produced in North America such as T-shirts, sweatshirts, totes, ponchos and silver jewelry.

The 102nd Grey Cup will take place at B.C. Place in Vancouver on Nov. 30.

THE CANADIAN PRESS

Canadian street style

Spotted in: Toronto

Name: Chrissy

Age: 27

Occupation: Music venue promoter

What she's wearing:
American Apparel cheetah top, vintage pants and shoes from Timeless Apparel, and vintage sunglasses from Public Butter.

Her inspiration:
"David Bowie in the '70s."

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Trends Report

We've been experiencing a blast from the past as retro fashion trends are making a comeback. Go online to Trends Report to check out some of the these trends, and let me know which you love — and which you hate.

- Online. metronews.ca/trends-report
- Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

Photo: Getty Images

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Do sweat the stylish stuff

Summer is officially a wrap. The one thing keeping us from tearing up over the end of beach days and sunsets at 8 p.m. is the new array of cosy and chic sweaters hitting stores right now. We can't wait to snuggle up in these.

TINA CHADHA
Metro News in New York



Sweater season makes it easier to deal with the concept of snow's eventual arrival. Shudder. SHANITA SIMS / METRO



H&M cropped sweater, \$49.95, HM.com



Madewell texture-work cardigan, \$49.99-\$69.50, Madewell.com



Missguided unity rik rak titch jumper, \$28.48, Missguidedus.com



Ann Taylor cable sweater, \$129, AnnTaylor.com

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Don't be a tool. Build new Ikea line with nothing but your bare hands

Flat-pack furniture assembly just got even easier thanks to a new range by Ikea that can be set up completely tool-free.

The Regissör living room storage collection can be assembled using just your hands, thanks to special wedge dowels and new design techniques, with no loose parts and no need for screws.

Ikea claims that the whole process takes just five minutes.

Wedge dowels already existed in Ikea world, but this is the first time the brand has used the design across an entire collection.

Comprising a bookshelf, cabinets and a coffee table, the range will launch in the Swedish brand's U.S. stores this month.

The new assembly technique will also be used in additional storage units slated for spring 2015 and is already being used in select pieces from the company's Stockholm range.

AFP



No tools necessary for Ikea's Regissör coffee table. IKEA



Wedge dowels and new design techniques eliminate the need for tools. IKEA

Create a private place for guests in a small space

Holiday visitors.

Expecting house guests and wondering how to turn an awkward area into an inviting sleeping space? Try these tips

I purchased a condo that has a den, which is a three-sided room that opens to my foyer and has no closet or window. I'd like to create sleeping space for guests and need some help.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Not only does this space occasionally need to function as a private sleeping space, but it should also be an attractive area when visitors enter the condo. I suggest creating a lounge room that offers up everyday storage and sleeping space when needed.

Start by adding a daybed, one that can be used for both lounging and sleeping. Decorative pillows that line the back of the daybed will give it a sofa effect. Once you've carved out space for the bed, make some sort of storage, like a wall of cabinetry or bookcases, a priority. Use them for display or books and add bins or baskets to hide away everyday essentials.

Add a versatile ottoman/bench to round out the furnishings to create some additional seating. A reading lamp and large mirror will help make the area feel like an intentional lounge/reading room. A ceiling-mounted drapery rod can contain a drapery panel off to one side; this can be closed when guests are sleeping and kept tied back when not in use.

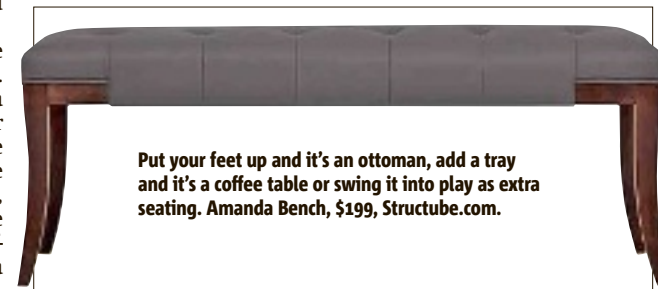
As for a decor scheme, take your cue from your foyer area. If you have a stylish mirror, a painting or an area rug in your entrance, then allow that style and those colours into the den. This will create a large, impressive-looking entrance when visitors arrive, yet offer up a private sleeping area when draped off.



A lounge by day and a queen bed by night — the top cushion flips down to create a bed for two. Lubi Turquoise Sleeper Daybed, \$999, CB2.com.



Open and airy shelving adds useful style to a small space without making it feel boxy. Bibloteca Bookcase, \$699, UrbanBarn.com.



Put your feet up and it's an ottoman, add a tray and it's a coffee table or swing it into play as extra seating. Amanda Bench, \$199, Structube.com.

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Wood will do your hearth good



A wooden fireplace hearth in the home of furniture designer Kim Stobbart. KIM STOBART/THE CANADIAN PRESS

Out of the woods. Whether it's shelving, a table, a mantle or a door, wooden pieces bring natural beauty indoors

Reclaimed and recycled wood are being given a new use in homes as interior designers include it in furniture and visual elements.

Madilynn Chieduch of Amanda Hamilton Design Studio says she is increasingly incorporating used or worn wood because of its various colours and textures.

Add texture

"We've been creating a visual element by installing chevron pattern on the walls using reclaimed wood," says Chieduch, junior interior designer and retail development lead with the Calgary company. "It's also a popular material for shelving, including floating shelves in the kitchen."

Keep it raw

Instead of choosing to create clean lines by trimming knots and bark off the wood, Chieduch says homeowners often include a piece in a more raw form, such as a stump for additional seating or a coffee table.

Chieduch notes that fewer homeowners are choosing butcher block countertops in

their kitchens because of the predominance of wood cabinetry and the potential for wear and tear.

Even though wood can change and crack over time, both Chieduch and Kim Stobbart, a Malahat, B.C., furniture designer, say that can enhance the beauty and bring out new qualities in the piece.

Seal the deal

As a natural product, wood needs to be treated differently than a synthetic material. Chieduch recommends sealing pieces like coffee or dining tables to prevent damage.

Stobbart seals her pieces with a waterproof finish so they can be used indoors and outdoors.

Wood wears well

"Once the pieces are sealed, they are good to go," says Stobbart. "Even wine can't hurt it. The furniture should be enjoyed and lived with. It just makes them that much better to have a worn piece. If it gets a ding, it makes it that much more beautiful and special."

"Allowing the wood to be worn, weathered and loved creates the feeling that your home is lived in, and that's what I love."

Timeless element

In addition to the warmth it can bring, Stobbart says because of wood's diversity both in uses and type, like cedar,

oak and pine, it is a timeless inclusion in interior design.

Never out of style

"Wood is something that will never go out of style," she says. "Everyone just loves it. A beautiful wood piece is something they can have forever. They become heirlooms, but now instead of oak, it is cedar used in a more modern way."

Uncomplicated shapes

Designers like Stobbart maximize the natural qualities of a piece of wood by using simple design. Many of her pieces have uncomplicated shapes which highlight the grain and colour of the wood.

"It is such a beautiful thing," says Stobbart. "It's a way to bring nature and the wild into your house."

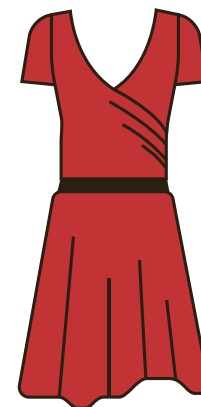
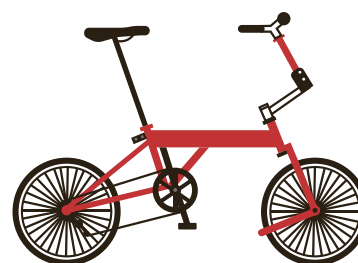
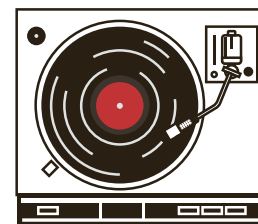
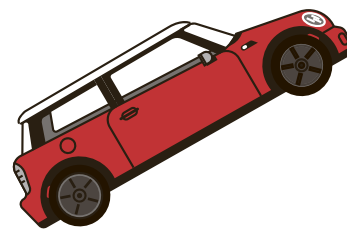
In addition to creating wood furniture that serves as functional art for her clients, Stobbart includes a lot of her work in her own home, including a fireplace hearth and dining table.

Bring the outdoors into your home

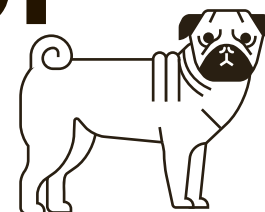
"When I built this house I knew I wanted to use wood as much as I could because the house is in the forest near the ocean," she says.

"I've always been attracted to wood, and I've always been an outdoors person spending a lot of time in the forest. It is nice to bring it into my home."

THE CANADIAN PRESS



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Costumes for the entire family



When Vancouverite Malee Perera and her son get ready for Halloween, Value Village is a prime destination.

They aren't the only second-hand costume buyers. Thirty-one per cent of parents combine new and second-hand items to get their child a standout costume, according to Value Village's annual Halloween survey.

About 87 per cent of parents say their children dress up for Halloween, and 68 per cent of parents let their kids make the costume decisions.

"My son is really into music, so he's been Gene Simmons from Kiss for several years in a row," Perera says. "But every year the costume gets an upgrade."

Perera has a few tips for getting your costume perfect.

LOOK FOR INSPIRATION ONLINE

If you are stumped on what to wear this Halloween, Google it. Pinterest is another great resource for Halloween costumes, Perera says. The latest kids' movies continue to lead the costume inspiration. According to the survey, Canadians think Disney's Frozen will beat Teenage Mutant Ninja Turtles and X-Men: Days of the Future Past for the top movie costume inspiration.

Trick-or-treaters can also find tons of inspiration at valuevillage.com.

PICK UP SOME SPRAY PAINT

Want to change the colour of a second-hand item? Spray paint can take care of that. "Last year my son wanted to add some silver boots to his costume, so we found some second-hand boots that were the right shape but the wrong colour," Perera says. "Then we spray

painted them black and glued on some studs. They worked great."

SHOP SECOND-HAND FOR FABRICS

Buy your fabrics

second-hand. "One year my son dressed as a skeleton, so he wore this black hoodie and sweatpants that he had almost grown out of, then we found

a white sheet at Value Village, cut out bone shapes from it, and stitched them to his black clothes," Perera says. "It worked perfectly and it cost literally \$1.99."

Value Village is full of good ideas. For more inspiration, find great costume ideas and DIY Halloween crafts at valuevillage.com.

— Stephanie Orford



DECK YOUR HOME IN HALLOWEEN DECOR

It's time to find those pumpkin carving tools. The spookiest time of year is here again and four in 10 Canadians plan to decorate their house for the occasion, according to a 2014 survey by Value Village.

Decorate your home inexpensively with decorations and DIY supplies from the thrift store. Value Village specializes in all things Halloween.

CREEPY CRAWLERS WREATH

Send shivers down spines with a Halloween-themed wreath on your door. Take a regular twig wreath (thrifted from Value Village, or new) and attach a hoard of plastic spiders or snakes using floral wire to create the creepiest of welcomes for your trick-or-treaters. Paint your creepy crawlers black with acrylic paint for a monochromatic effect.

TERRIFYING TABLE SETTINGS

Drip red wax over top of white candles to create macabre mood lighting. Plastic vampire teeth make great napkin holders. A red cloth works perfectly to create a table runner, tablecloth or placemats. Use fabric scissors to cut the edges into blood-drip



Visit Value Village to make a do-it-yourself terrifying table setting. CONTRIBUTED

shapes to create an effect the vampires among us will love.

GOLDEN PUMPKINS

Wow your guests with golden gourds. Give an assortment of mini-pumpkins the Midas touch. Use glue and dip them in gold confetti or sparkles, or simply spray paint some or all of the pumpkin gold to create decorations worthy of Cinderella.

PUMPKIN ICE BUCKET

Looking for decorations that are cool and practical? Slice a large pumpkin in half horizontally and hollow out to create a bowl. Fill with ice and a little water and insert your cans or bottles of choice. Chilling!

MOOD LIGHTING

Find a wealth of second-hand glass containers at Value Village to create mood lighting for your Halloween celebration. Wrap the exterior with cheesecloth, apply stick-on googly eyes, insert glow stick or battery-operated light and voila! You have yourself a mummy light.

Visit [@saversvillage](https://www.pinterest.com/saversvillage) on Pinterest for many more great ideas for decorating your home this Halloween.

— Stephanie Orford

EVERY DONATION, PURCHASE HELPS

Sometimes Halloween costumes can be reused for years, but if you are tired of being the predictable guy at the party, don't throw your costume in the trash — donate at Value Village.

One person's trash is another's treasure, especially when it comes to Halloween costumes.

Every time you donate your child's outgrown costume at Value Village, not only will it bring another child just as much fun, but it will also go toward providing sustainable funding for vital community programs and services.

Value Village partners with local not-for-profit organizations to make this happen with all items that are on the floor, so that every donation and every purchase helps.

Donating your used costumes also helps keep them out of landfills. Value Village is also one of the largest recyclers of used clothing in the world, helping thrifty shoppers repurpose more than 294 million kilograms (650 million pounds) of quality goods every year.

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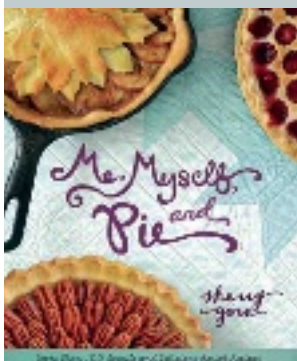
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Association

Making room for this dish is as easy as pie

Cookbook of the Week

The wonderful world of pie



Me, Myself, and Pie by Sherry Gore not only features 100 recipes that use simple, wholesome ingredients — it also shares stories of Amish life and culture.

Gore offers readers tried-and-true techniques that are sure to turn out picture-perfect pies, whether you're a novice or filled-pastry connoisseur.

Recipes include both sweet and savoury fillings. Among recipes are Peach Pie, Cream Cheese Pecan Pie, Sweet Potato Pie, Farmhouse Chicken Pot Pie; Ham and Cheese Hand Pies, and more. **METRO**

Alternative Thanksgiving Week.

Pumpkin pie will just have to share the spotlight with this Hearty Beef Pot Pie

Pastry Crust

1. Blend flour and salt well in a large bowl. Cut the shortening into pea-size pieces and work into flour mixture until crumbs form. In a separate bowl, mix together cold water and vinegar. Gradually add the water mixture to the flour mixture until combined. Shape the dough into a ball, cover in plastic wrap, and chill for at least 30 minutes.

2. On a lightly floured surface, roll out the dough to a uniform thickness. Place in a pie plate and trim the edges.

3. Bake at 400 F for 8 to 12 minutes, or until golden brown. Let cool. (Makes two 9-inch pie crusts).

To Prepare

1. Preheat the oven to 450 F. Place meat in a bowl and soak in 1 cup of milk for 5 minutes, then drain meat and dredge in 1 cup flour. Shake off excess. Place meat in a skillet and brown in butter and oil on all

Ingredients

Pastry Crust

- 2 cups all-purpose flour
- 1 tsp salt
- 3/4 cup + 2 tbsp butter-flavoured vegetable shortening, chilled
- 5 tbsp ice cold water
- 1 tbsp vinegar

Beef Pot Pie

- Two 9-inch unbaked pastry pie crusts
- 1 lb beef stew mix, cut in 1-inch cubes
- 1 cup milk
- 1 1/3 cup flour, divided
- 6 tbsp butter
- 1 tbsp oil
- 1 small onion, diced
- 2 cups beef broth, divided
- 1 tsp minced garlic
- Salt and black pepper to taste
- 1 1/2 cups potatoes, peeled, cubed, and cooked
- 1 cup frozen peas and carrots
- 1 stalk celery, diced

sides over medium high heat. Add onion before meat is completely browned. Turn down heat to low. Add 1 cup of broth and garlic, salt, and pepper and let simmer for 20 minutes.

2. In a bowl, whisk 1/3 cup of flour into 1 cup broth. Add to pan. Add the potatoes, peas and carrots, and celery to the pan and continue cooking until the beef is tender and the mixture



For an extra touch, slather this pie in a rich gravy. **KATIE JACOBS**

is thick and bubbly.

3. Pour the mixture into an unbaked pie crust. Top with

crust. Score the top crust to vent. Bake at 450 F for 35 minutes, or until the crust is golden brown.

RECIPES FROM ME, MYSELF AND PIE: AMISH RECIPES BY SHERRY GORE (HARPER COLLINS CHRISTIAN PUBLISHING/ ZONDERVAN, 2014)

Dessert. Candy Bar Pie

"An endless variety of candy bars can make up this delectable treat, and guess what — you get to pick!" writes Sherry Gore in Me, Myself, and Pie.

1. Crust: In a large bowl, combine all of the ingredients together. Pat onto bottom and sides of a 9-inch pie pan. Bake at 350 F for 7 to 10 minutes until set. Remove from oven and let cool for 30 minutes.

2. To prepare: Make the pudding and let it cool. Fold in whipped topping and candy bars. Pour into pie crust

and refrigerate for at least 4 hours, or overnight.

Ingredients

Crust

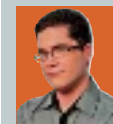
- 20 chocolate sandwich cookies, finely crushed
- 1/4 tsp salt
- 4 tbsp butter
- 2 tbsp milk

Pie

- 6 oz chocolate pudding (make your own or use store-bought)
- 3 cups frozen whipped topping
- 4 full-size candy bars, roughly chopped

For your phone

Meat Cuts (iPad/ iPhone/ Android free)



MIND THE APP

Kris Abel
@RealKrisAbel
life@metronews.ca

This cooking guide for more than 100 cuts of meat across beef, lamb, veal, and goat, explains the characteristics of each, offers matching recipes, and suggestions for trying something new.



For an even more impressive pie, double the filling. **KATIE JACOBS**

Blue Jackets

Dubinsky to miss six weeks of action

The Columbus Blue Jackets will be without centre Brandon Dubinsky for the next six weeks after he underwent abdominal surgery.

Coach Todd Richards said at Wednesday's practice that Dubinsky had surgery earlier in the day.

Dubinsky had 16 goals and 34 assists a year ago as one of the leaders on a young Blue Jackets team that made the post-season for only the second time in the franchise's 13 years. He was injured during a Monday practice.

Richards said that rookies Marko Dano, Michael Chaput and Alexander Wennberg, among others, will get more playing time in Dubinsky's absence.

Columbus opens the season at Buffalo on Thursday night.

THE ASSOCIATED PRESS

Showing P.K. love



"The fans have always been supportive. Now as far as critics

go, everybody has critics. But the fans have never been a critic of me. I think they've been only supportive and I hope that continues."

Canadiens defenceman P.K. Subban on playing under the microscope in Montreal after signing at \$72-million, eight-year contract to stay with the Habs. Go to metronews.ca for coverage of the NHL's opening night on Wednesday, including the Canadiens' and Maple Leafs' game in Toronto.



Sidney Crosby and the Penguins are coming off a loss to the Rangers in the Eastern Conference semifinals, after which Dan Bylsma was fired. JAMIE SABAU/GETTY IMAGES

Crosby, Pens ready to write new chapter

Fresh start. Eastern powerhouse expects a few growing pains under new head coach

Sidney Crosby has spent months politely rehashing the Pittsburgh Penguins' nightmarish spring, a stretch that included a meltdown against the New York Rangers in the Eastern Conference semifinals and a sizable front-office overhaul that shook one of the NHL's most stable organizations.

The league's reigning MVP

is happy to turn the page.

"I'm tired of talking about last year," Crosby said. "It's nice to move on, get a fresh start here for everybody. We've got a lot of new faces, we still have a lot to improve on and get better."

The Penguins should get an idea of how far they have to go starting Thursday when they host Anaheim in their season opener. Pittsburgh has been one of the league's best teams out of the gate over the last five years, going 44-24 during the opening month since 2009.

Matching that October success may be difficult this time

Geno's good to go

Evgeni Malkin is expected to play in the opener after missing most of training camp with an undisclosed injury.

around. A schedule that includes games against the Ducks and defending Stanley Cup champion Los Angeles won't help. Neither will the expected growing pains associated with trying to adjust to first-year coach Mike Johnston's style.

General manager Jim Rutherford stressed during the off-

season he'd be OK with sacrificing a point or two in the fall if it led to success in the playoffs.

While Crosby cautioned it's inevitable there will be missteps along the way as the Penguins try to forge a new identity under Johnston following five-plus seasons in coach Dan Bylsma's high-risk, high-reward attack.

"If guys have the right work ethic ... and have mistakes that are mistakes just because it's early and guys are getting a feel for each other, I think that's a little more acceptable than it would be in a typical year," he said. THE ASSOCIATED PRESS

Bettman feels like 'a young man' despite long reign



NHL commissioner Gary Bettman is interviewed in his office in New York on Tuesday. RICHARD DREW/THE ASSOCIATED PRESS

NHL commissioner Gary Bettman is fully comfortable with being the dean of those in charge of major North American sports. Being the oldest well, that is a different story.

Bettman is on the verge of being the longest tenured commissioner, although he feels he has held that distinction for several years. Once Bud Selig steps down as baseball commissioner in January, Bettman will have more time in his job than the leaders in MLB, the NFL and the NBA, where

Since 1993

22

The 2014-15 season will be Gary Bettman's 22nd as the NHL's commissioner.

Bettman got his start under longtime commissioner David Stern.

Selig's tenure began as acting commissioner in September 1992 five months before Bettman took over as the NHL's first commissioner. Selig held the interim

title until he fully took the job in July 1998.

"I already am the longest," Bettman said during an interview with The Associated Press on Tuesday, one day before the season began. "But I will be the oldest."

Ah, yes. No dispute there. Selig is 80, Bettman is 62 and in his estimation still spry for his age.

"That is a little bit harder to get your arms around," he said of being the oldest commissioner. "I still consider myself a young man."

THE ASSOCIATED PRESS

4 SPORTS



Spurs go Gaga in Berlin

Lady Gaga attends the NBA Global Games basketball friendly match between German champions Alba Berlin and NBA champions San Antonio Spurs on Wednesday at Berlin's O2 World Arena. Scan the image for results from the game ... you might be surprised. **TOBIAS SCHWARZ/AFP/GETTY IMAGES**

Shanghai Masters

Big names advance, Raonic Pospisil drop out

Canada's Milos Raonic and Vasek Pospisil were eliminated at the Shanghai Masters on Wednesday while Roger Federer, Andy Murray and Novak Djokovic advanced to the third round.

Raonic, the No. 8 seed from Thornhill, Ont., trailed 2-5 in the opening set when he retired from his second-round match against Argentina's Juan Monaco. It wasn't immediately clear why Raonic decided to end the match.

The unseeded Pospisil, from Vancouver, dropped a 7-6 (1), 3-6, 6-4 decision to No. 14 Roberto Bautista Agut despite firing 15 aces to the Spaniard's two. **THE CANADIAN PRESS**

UFC

Macdonald next in line: White

Canadian Rory (Ares) MacDonald is getting his UFC title shot. And it will happen in Canada.

UFC president Dana White has confirmed that the 25-year-old welterweight will fight the winner of the UFC 181 main event between 170-pound champion Johnny (Bigg Rigg) Hendricks and No. 1 contender (Ruthless) Robbie Lawler.

Hendricks and Lawler meet Dec. 6 in a Las Vegas rematch of their UFC 171 bout in March that decided the successor to Georges St-Pierre.

MacDonald, ranked No. 2 among welterweight contenders, has won three straight and eight of his last nine in the UFC. **THE CANADIAN PRESS**

Trial might end Peterson's season

Unlikely this year.

Tentative date to begin trial set for Dec. 1, last game is Dec. 28

Adrian Peterson is hoping to go to trial as soon as possible. Whether the star running back for the Minnesota Vikings returns to the playing field any time soon is another question entirely.

A Texas judge on Wednesday set a tentative Dec. 1 trial date for Peterson to face a felony charge of child abuse after using a wooden switch to discipline his four-year-old son in suburban Houston earlier this year. Defence attorney Rusty Hardin said after the hearing that Peterson is "chomping at the bit" to defend himself publicly.

But the case might not be tried before the end of the year, meaning Peterson — who is on paid leave from the team — may not be back on the field this season. The Vikings' final regular-season game is Dec. 28.

The trial date might change, too: Montgomery County District Attorney Brett Ligon said he intends to file a motion to recuse Judge Kelly Case after the judge called each lead attorney in the case a "media whore." Case apologized, saying the comment was meant as a joke.

A Nov. 4 hearing was scheduled on whether to assign a new judge.

Peterson faces up to two years in prison and a \$10,000 fine if convicted of injury to



Minnesota Vikings running back Adrian Peterson leaves court in Conroe, Texas, on Wednesday Judge Kelly Case tentatively set a Dec. 1 trial date for Peterson on a charge of felony child abuse for using a wooden switch to discipline his four-year-old son. **JASON FOCHTMAN/CONROE COURIER/THE ASSOCIATED PRESS**

a child. He has said he never intended to harm his son and was only disciplining him in the same way he had been as a child growing up in East Texas.

Accompanied by his wife and with his mother, Peterson did not speak during his court appearance and did not enter a plea. Hardin has indicated Peterson will plead not guilty and said he wants to try the case as quickly as possible since Peterson can't play while the charge is pending. Hardin had wanted the trial to

begin a week before Thanksgiving.

"He just keeps getting hammered without the ability to respond," Hardin told Case. "This is the place to resolve all those allegations."

Peterson arrived in a black SUV and was quickly surrounded by a throng of reporters. Nearby a person wearing a wildcat costume and holding a sign that said "Free AP" in sparkling letters, prompted a chuckle from Hardin.

Corporal punishment is legal in every state. The Texas

Attorney General's Office notes that belts and brushes "are accepted by many as legitimate disciplinary 'tools,'" but "electrical or phone cords, boards, yardsticks, ropes, shoes and wires are likely to be considered instruments of abuse."

Legal experts say the final determination of what is reasonable discipline will be based on the standards found in the local community, and Texas law offers no definition of what that is.

THE ASSOCIATED PRESS

Canada's sevens have high expectations



Nathan Hirayama, left, and Phil Mack pose for a photo with the HSBC Sevens World Series trophy on Oct. 2, in Vancouver. Canada's sevens team will miss the two in Australia due to injury. **RICH LAM/GETTY IMAGES**

Canada's rugby sevens team faces more challenges this season than finding a replacement set of size-15 boots for Adam Zaruba, whose luggage did not join him upon touching down in Australia this week.

The Canadian men arrived at the Gold Coast Sevens with the weight of expectations after a record sixth-place finish in last season's IRB World Series. They will likely surprise no one this season.

"I think that's one of our big challenges this year," act-

ing Canadian coach Ben Herring said Wednesday from Australia. "Maybe last year teams didn't treat us as seriously as they should. I think people will be under no illusions that we can perform at a good level.

"It makes it harder for us in that teams will be making sure they put on their best performances here. But that's great for us because that's where we want to be. We want teams to take us seriously and play with an intensity that they would treat any

of the top sides. We've got to deal with that. We're prepared and we come ready for that."

Herring, Rugby Canada's technical coach and performance analyst, is in charge of the team while newly hired coach Liam Middleton of Zimbabwe goes through immigration red tape. Kieran Crowley, coach of the national 15-man team, had been guiding the sevens squad in the interim but he is back in B.C. for the IRB Americas Championship, which starts Saturday in Langford. **THE CANADIAN PRESS**

Racking up the mileage

The opening Australian stop on the nine-event circuit is a one-off.

The other eight are split in four sets of two a week apart, starting with stops in Dubai on Dec. 5-6 and South Africa Dec. 13-14. That may help a Canadian team that is hurting at the moment.

Nanyak Dala, Nathan Hirayama, Phil Mack, Mike Scholz and Sean White were all unavailable to Herring due to injury.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Face up to emotional problems. There is a time and a place for everything, and this is the time and the place to make your feelings known. Be honest and tell others to be honest too.

♉ Taurus

April 21 - May 21

A business venture may seem straightforward but as Mercury is in one of its retrograde phases there may be hidden pitfalls. Don't commit unless you have a get-out clause.

♊ Gemini

May 22 - June 21

Your approach to a certain situation may be ridiculed by those who think you are doomed to failure but they won't be laughing when they see you make a success of it.

♋ Cancer

June 22 - July 23

You will learn as much from your mistakes today as you do from your successes, so be of good cheer and expect an upturn in your fortunes soon.

♌ Leo

July 24 - Aug. 23

Others may be willing to listen to your opinions today but will they act on what you suggest? Don't worry about that. Just ensure you live up to your ideals.

♍ Virgo

Aug. 24 - Sept. 23

You may have misgivings about a deal but you'd be wise to ignore them. What happens over the next few days should give you a sense of confidence.

♎ Libra

Sept. 24 - Oct. 23

The changes you are going through may be what you need but that won't stop you from worrying. The planets urge you to move retrograde it will take a concentrated mental effort not to give in to feelings of doom. It is an effort worth making.

♏ Scorpio

Oct. 24 - Nov. 22

Because mind planet Mercury is moving retrograde it will take a concentrated mental effort not to give in to feelings of doom. It is an effort worth making.

♐ Sagittarius

Nov. 23 - Dec. 21

Today's cosmic picture is misleading to say the least, so don't make decisions on what you think loved ones have been saying. Chances are you have misinterpreted their meaning.

♑ Capricorn

Dec. 22 - Jan. 20

Communication won't be easy over the next 24 hours, and when you get a straight answer from someone you may not be able to trust it. Keep what you want to say for another day.

♒ Aquarius

Jan. 21 - Feb. 19

Trust your instincts if they lead you in a certain direction today but don't expect others to follow without question.

♓ Pisces

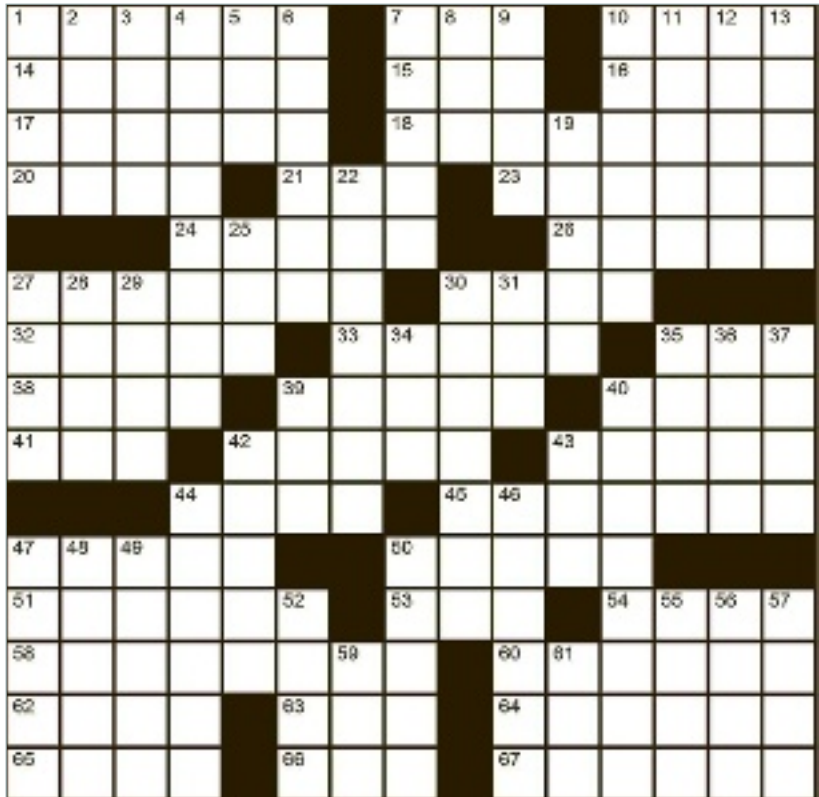
Feb. 20 - March 20

Your imagination could easily run away with you today, especially if you are having second thoughts about a project. Don't get carried away.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Kardashians guy Scott
- Queen from folklore
- Try out
- Actress, Maria Conchita
- Genius
- "My Way" bit: "... it up and spit it out."
- Praying insect
- Barenaked Ladies bassist Jim
- Business: 'Big Board', briefly
- Gardening implement
- Bridge (1500s-built oldest crosser of Venice's Grand Canal)
- Whirls
- Smile scornfully
- Mr. Ferguson, Canadian jazz trumpeter
- Canadian hockey star Mr. Weber
- The Tempest spirit
- Supermodel Kate
- Music's Brian
- Seven: French
- Tennis great Chris
- Handle
- Owens
- Persona non
- Still (Maya Angelou poem)
- True: French
- Afshin-Jam (Activist wife of Justice Minister Peter MacKay who was Miss World Canada in 2003)



- Ms. MacDowell
- Askew, to a Scot
- Trumpet-like instrument
- "Waking Devine" (1998)
- Bausch + (Contacts care brand)
- Harbour hazard: 2 wds.

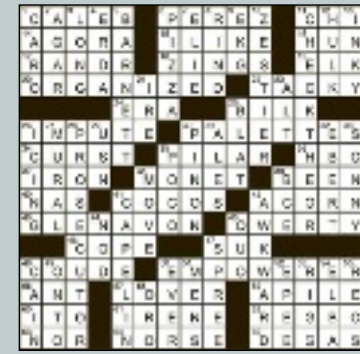
- Mr. Estevez
- Mr. Shankar
- Ms. Larter
- McDonald's character
- Actor, Roscoe (b.1895 - d.1962)
- Celebrity chef Sandra
- Dotted-line

- endorser
- Down
- Exasperated expletive!
- William Faulkner's As Dying
- Some of "The Brady Bunch"
- Cyberspace
- "": Crime Scene

- Investigation"
- salt (Seasoning)
- Ceremonial staffs
- Horiz.
- "Cheers" order
- Fantasy novel by Weyburn, Saskatchewan born author Guy Gavriel Kay
- Bald

- Condition
- Placido Domingo's voice
- Iron: German
- Leakey Family's famous excavation site, Gorge
- 'Arbor' suffix (Relating to trees)
- Crush
- "Diamonds Girl's Best Friend"
- Litter barks
- " Empire", new CBC Western
- Popular
- Hamster or parrot
- Ireland, in verse
- Inconclusive
- Frank
- Baseball pitcher's stat.
- Arctic (North-west Territories' official fish)
- Hellenic language
- 'Capital' suffix
- Da (Mona Lisa and Annunciation)
- Some trees
- Canadian performers' union
- Tuque-less, say: 2 wds.
- The Cars hit
- Brad Pitt's wife, to pals
- Cookware brand
- The Good Earth heroine
- Distance unit
- Foretell
- Bravo!
- Me: French

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

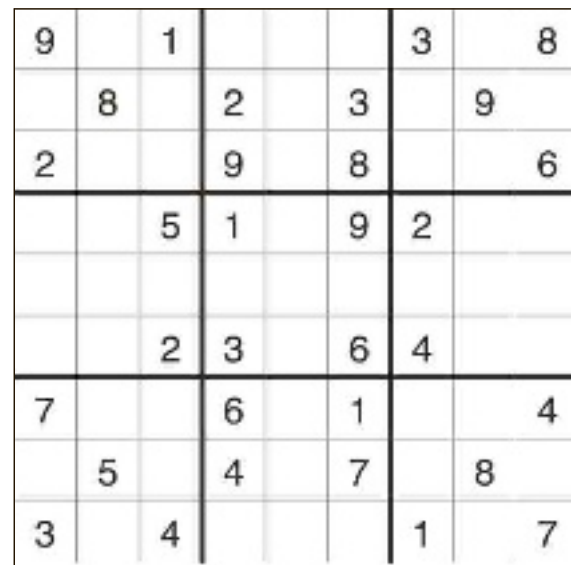


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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HERE ARE TODAY'S SONGS (THURSDAY OCTOBER 9):

- RUMP SHAKER
- TRY AGAIN
- SAY YOU'LL BE THERE
- GETTIN' JIGGY WIT IT
- WHAT IS LOVE

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"IT WORKS! I'LL TAKE ANOTHER TWO BOTTLES PLEASE!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of the health food store couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries.

This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource™, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian.

Before trying LeafSource™, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies

she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource™. I didn't know what to think of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource™ her pain started to disappear and within a week it was completely gone-as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."

By now you are probably wondering what is LeafSource™ and why is it so effective? LeafSource™ is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research.

LeafSource™ helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems - often called osteoarthritis.

This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource™ seems to have the ability to help people get their mobility back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea vomiting to serious intestinal disorders (bleeding, gas, pain) and kidney and liver failure. Isn't that too large a price to pay for a pain relief!? LeafSource™ is a alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed LeafSource™ is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily.



This product gets results! LeafSource™ is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results!

It's almost as if they have become supercharged! LeafSource™ has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy?

It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource™ be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource™ is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource™ 100%! That alone should be enough to try this incredible product."



LeafSource™ is a 100% organic, sea bed deposit filled with a multitude of nutrients leftover from the Cretaceous Period. 100 Million years in the making and backed by more than a decade of research, these vital nutrients are the science behind LeafSource™, which has been shown to help with:

**Reduced Joint Pain • Immune Modulator • Improved Hair, Skin & Nails
Detoxification • Enhance your Digestive System • Prevent Bone Loss
• Increased Energy and much more!**



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